



TOP TEN REASONS TO BREASTFEED YOUR BABY

1. Breast milk is the best and most natural food for baby. It is the only food needed for the first six months.
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2. Breast milk has health benefits that formula can't match. Breastfed babies are sick less often. They are also better protected from diabetes, obesity, allergies, asthma, and even Sudden Infant Death Syndrome (SIDS).
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3. Breastfeeding will save you over \$1,200 a year, since you won't need to buy formula.
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4. Breastfeeding is healthy for mom, too. It helps you heal and lose weight after having a baby. It also protects against diabetes and some kinds of cancer.
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5. You can continue to breastfeed after you return to work. It is your legal right to pump breast milk when away from your baby.
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6. Breast milk is the perfect food for your baby and changes to meet baby's needs as he grows.
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7. Breastfeeding helps mother and baby share a close and special bond.
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8. Breastfeeding is especially important for babies born before their due date.
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9. The first few weeks of breastfeeding can be hard. With practice and support, it will get easier.
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10. Every ounce of breast milk is important for your baby's health.

We can help you breastfeed or pump milk for your baby.

If you have questions or need help, contact:

Bayhealth - Kent General Hospital

(302) 674-4700

www.bayhealth.org

Bayhealth - Milford Memorial Hospital

(302) 422-3311

www.bayhealth.org

Beebe Healthcare

(302) 645-3577

www.beebehealthcare.org

The Birth Center

(302) 658-8321

www.thebirthcenter.com

Christiana Care Health System

(302) 733-3360

www.christianacare.org

Delaware WIC Program

1 (800) 222-2189

dhss.delaware.gov

La Leche League

www.llofmd-de-dc.org

Nanticoke Memorial Hospital

(302) 629-6611

www.nanticoke.org

Nemours/Alfred I. duPont Hospital for Children

(302) 685-9119

www.nemours.org

Saint Francis Hospital

(302) 421-4478

www.stfrancishealthcare.org

Breastfeeding Coalition of Delaware

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www.delawarebreastfeeding.org



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of Delaware

