



# WHY BREASTFEED?

How you plan to feed your baby is an important choice, and WIC is here to help you make an informed decision.

## IT'S GOOD FOR YOUR BABY!

- Reduces the risk of sudden infant death syndrome, obesity, diabetes, and childhood cancer
- Reduces the likelihood of allergies, asthma, ear infections, colds, and skin issues
- Easy on baby's tummy
- Full of all the right nutrients
- Made just for your baby

## IT'S GOOD FOR YOU!

- Helps you recover from labor
- Lowers your risk of breast cancer, ovarian cancer, heart disease, type 2 diabetes, and osteoporosis
- Releases hormones that help you relax
- Can help you get more sleep

## OTHER PERKS



### BONDING EXPERIENCE

Breastfeeding is an amazing bonding experience. Babies feel safe and secure at the breast, and moms feel a deep sense of accomplishment when they provide everything baby needs from their bodies.



### NO PREPERATION

No need make or wash bottles. Breast milk is always there, ready for baby.



### IT'S FREE

Formula is expensive, which can be stressful for parents. Breastfeeding can save a family a lot of money in just one year.



Breastfeeding Warm Line  
(989)450-1607



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Find support here!