

The American Academy of Pediatrics (AAP) recommends exclusive breastfeeding for the first six months of a baby's life, followed by breastfeeding in combination with the introduction of complementary foods until 12 months of age and a continuation of breastfeeding for as long as mutually desired by mother and baby.

BREASTFEEDING IS GREAT FOR:

BABIES:

OPTIMAL NUTRITION

STRONG BONDING WITH MOTHER

FRESH, SAFE MILK

ENHANCED IMMUNE SYSTEM

REDUCED RISK OF :

- OTITIS MEDIA (EAR INFECTIONS)
- RESPIRATORY INFECTIONS
- ASTHMA

ASSOCIATED WITH:

- HIGHER IQ
- HIGHER SCHOOL PERFORMANCE

REDUCED RISK FOR CHRONIC DISEASE:

- OBESITY
- DIABETES
- HEART DISEASE

REDUCED RISK OF SIDS

PROTECTION AGAINST ALLERGIES AND
INTOLERANCES TO ADULT FOOD

PROMOTION OF CORRECT DEVELOPMENT
OF JAW AND TEETH

REDUCED RISK OF MORBIDITY & MORTALITY

