

BREASTFEEDING IS GREAT FOR MOTHERS:



- *STRONGER BOND BETWEEN MOTHER AND BABY
- * REDUCED POST PARTUM BLEEDING
- * DELAY OF MENSTRUAL CYCLE
- * DECREASED RISK OF POST PARTUM DEPRESSION
- * IMPROVED BONE DENSITY AFTER WEANING
- * DECREASED RISK OF HIP FRACTURE
- *DECREASED RISK OF TYPE 2 DIABETES

DECREASED RISK OF BREAST CANCER AND OVARIAN CANCER

*DECREASED RISK OF CORONARY HEART DISEASE

DECREASED RISK OF RHEUMATOID ARTHRITIS

BETTER SELF ESTEEM IN ROLE AS MOTHER

LESS TIME AND MONEY SPENT AT THE PEDIATRICIAN

*SAVINGS OF \$1,500.00 TO \$2,000.00 PER YEAR IN COST OF FORMULA AND INCREASED MEDICAL EXPENSE

