

Breastfeeding

A mother's superpower



Lower risk of:

- Ear infections
- Asthma
- Obesity
- SIDS
- Bacterial & Viral Infections

Breastmilk Facts:

- Easier for baby to digest
- Minimal preparation for staff
- Contains all nutrients, calories and fluid a baby needs
- Baby receives immune-boosting compounds from the mother



Time

Allow adequate time and patience in adjusting to a new schedule



Space

Provide a private space, chair, pillow and small table



Support

Praise the mother

Reminders and Benefits



- Breastfeed exclusively for first six months
- Breastfeed for first twelve months
- Delay introducing solids until six months old



- Infants are more resistant to illness
- Less diaper rash
- Less spit up
- Happier baby