

Pregnant or a New Parent?



Eight Great Reasons to Breastfeed Your Baby

#1 It's Best Food For Babies - Breast milk gives your baby exactly what he or she needs to grow and develop.

#2 Breastfed Babies Are Healthier - Breast milk contains antibodies that help a baby have fewer infections and allergies. It is easier to digest so your baby will have less diarrhea and constipation.

#3 Moms Are Healthier, Too - Medical research has linked breastfeeding to lowered risk of breast and ovarian cancer.

#4 Breastfeeding Builds Love - Skin-to-skin contact brings you and your baby close. It helps your baby feel secure.

#5 It's Convenient - Breastfeeding is always available and the right temperature.

#6 Breastfeeding Saves Money - Breastfeeding helps the family budget, by saving over \$1000 a year compared to formula.

#7 It's Better For The Planet - Breastfeeding is never wasteful. Formula feeding results in discarded cans and bottles.

#8 Mom Gets Back Into Shape Faster -

Breastfeeding burns extra calories and triggers the uterus to contract and return to its normal shape more quickly.

For more information or support with breastfeeding, contact your local public health nurse, La Leche League or Healthy Baby program.



Learn more about nutrition, health and your developing baby, and the Prenatal Benefit.

Connect with a Healthy Baby program in your community.

Telephone: **204-945-1301** (in Winnipeg)

Toll free: **1-888-848-0140** (outside Winnipeg)

If you live in a First Nations community and want to learn more about your local Canada Prenatal Nutrition Program, contact your health centre or nursing station and ask for the CPNP worker.