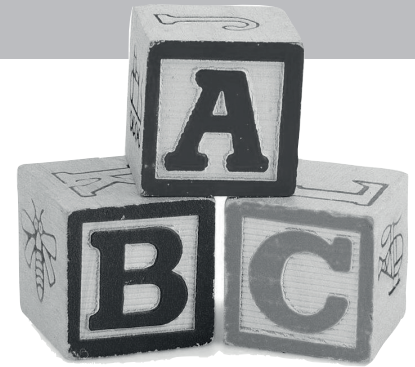


THE BENEFITS OF BREASTFEEDING FROM A TO Z

- A**- helps avoid allergies; immediately available; antibodies are passed from mother to baby through her milk; nutrients are more easily assimilated
- B**- creates close bonding between mother and child; reduces risk of breast cancer; contributes to optimal brain development; breastmilk doesn't stain clothing
- C**- comforting for baby; convenient; changes as baby grows; no constipation; colostrum is the perfect first food
- D**- digests more easily; cannot be duplicated; allows delay of solids; fewer dental problems (promotes proper jaw, teeth and speech development so there is less need for expensive orthodontics later)
- E**- easy; enjoyable; enhances relationship with your baby
- F**- fulfilling; always fresh; gives you a free hand for reading, etc; fewer health problems means a happier baby
- G**- giving of yourself; a great way of meeting emotional and physical needs; less garbage and other environmental wastes
- H**- breastfed babies are healthier; babies are meant to have human milk
- I**- inexpensive; immunity factors are only found in breastmilk
- J**- joyful experience; ready in a jiffy
- K**- spend less time in the kitchen (mixing, washing, sterilizing, warming...)
- L**- loving; you can join a fun mother's group like La Leche League; less spitting-up and stomach upsets
- M**- delays the return of postpartum menstruation (but not necessarily ovulation); something only a MOM can do for a baby
- N**- perfect balance of nutrients; night feedings are easier; natural
- O**- prevents overfeeding; less diaper odour; reduces the chance of obesity later in life
- P**- prolactin helps you feel motherly; helps prevent serious health problems; milk supply is pure
- Q**- quiet time together; best quality nutrition; practically unlimited quantity
- R**- relaxing; less rashes for baby; recommended by the Canadian Pediatric Society, the World Health Organization and The Breastfeeding Committee for Canada; completes the reproductive cycle: conception, pregnancy, birth, lactation
- S**- satisfies all the senses; superior infant food; saves time, effort money and resources
- T**- always the right temperature; travel is easier; time-tested through the ages
- U**- uniquely suited to each baby; contracts uterus helping to expel the placenta and control blood loss; universality of breastfeeding is a link with mothers all over the world
- V**- especially valuable in special situations (prematurity, jaundice); taste of breastmilk varies from skim to creamy during each feeding
- W**- helps mother's weight loss by using extra calories; no need to worry about baby's food supply; encourages normal weight gain for baby; called "white blood" because of the life-giving properties
- X**- x-tra cuddling builds strong ties of love
- Y**- it's yummy of course!
- Z**- these are only a few of the zillions of advantages to breastfeeding your baby!



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La Leche League offers your family complete and free breastfeeding expertise