

## Breast-Feeding your Baby

Breast milk is the best food for your baby. It has all the nutrients babies need to grow.

Breast-feeding:

- ▶ Protects the baby from infections, diarrhea, allergies, and colic.
- ▶ Helps the mother lose weight, get back in shape, and develop a special bond with her baby. Breast-feeding can also protect the mother against breast cancer.

***Breast-feeding  
is the best gift  
a mother can  
give to her  
baby!***

### Breast-fed Babies Grow Healthier

It seems that children who are breast-fed during infancy are less likely to develop diabetes and some types of cancer.

When you are tired, nervous or upset, your milk may decrease. But it will not dry up or change. Calm down, rest a moment, and then try again. Breast milk is produced during breast-feeding. The more you breast-feed your baby, the more milk you will have.

Sometimes breast milk appears yellow, blue or watered-down. This is normal. Breast milk is clearer than other milks. It does not have the same color as cow milk or formula.

Try to breast-feed your baby during the first year. Do not give your baby any other milk or liquids during the first 6 to 12 months, unless your doctor tells you to supplement with formula.

Do not smoke, drink or take drugs. If you need medication, see your doctor. Your doctor will know what to give you so that it won't affect your milk.



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