

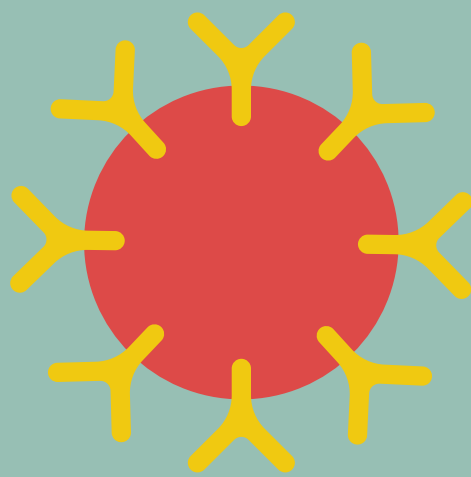
# IMPORTANCE OF BREAST/CHEST FEEDING



"Breastfeeding is the biological norm"- *La Leche League International*

## HEALTH

- Breastmilk is rich in antibodies, aiding in the development of baby's immune system.
- Breast/ chest fed babies are less likely to become ill and have allergies.
- Human milk provides ALL needed nutrients for baby's to grow.



## EMOTIONAL

High Oxytocin levels released during breast/ chest feeding increase sense of wellbeing.

## PHYSICAL

- Parents who breast/chest feed are less likely to develop breast, ovarian and uterine cancer.
- Breast/ cheat feeding increases quality/quantity of sleep.
- Breast/ chest feeding aid in postpartum recovery.



## ECONOMICAL

Does not cost anything, saves families an average of \$1500/year.

## ENVIRONMENTAL

- Requires no packaging that will end up in landfills.
- Does not require transportation to use of fuel to deliver.

