Medicine wheel for breastfeeding Benefits for the future

Breastfeeding may mean less diabetes. Breastfeeding may mean fewer weight problems for the next generation. Breastfeeding means stronger and wiser leaders for the challenges of the future. Breastfeeding, is a message of hope for our Breastfeeding Breast milk tomorrows. takes less from the earth is always ready. and keeps our environment Breastfeeding shrinks the clean. Breastfeeding means uterus and helps stop bleeding fewer health care dollars will be after birth. Breastfeeding means spent on illness. Breastfeeding less risk of cancers for moms. will reduce time lost from work Moms may return to their and school because of sickness. pre-pregnancy weight quicker. Breastfeeding honors our Breastfeeding helps values, heritage and a mother and her traditions. Mother's milk protects babies from illness. Mother's milk is easily digested. Breastfed babies have higher IQ's. Mother's milk is the perfect food for premature babies.

Benefits for the baby



MOM



Benefits of Breastfeeding



Human milk is the perfect food for human babies.

Breast milk is: -

Cheaper than formula

Always ready (no mixing or equipment needed)

· Perfectly clean

· At the right temperature



"The most important advice I got when I had my first child was to breastfeed her. This gives the child a better start in life. I had twelve children and I breastfed them all. As a mother, the thing I was always given to drink was broth. I drank anything cooked in broth. This produces lots of milk."





Who benefits from breastfeeding?

The entire family! Because together they support a natural and healthy way of feeding the new member of the family. Breastfeeding is good for mom and baby in many ways:

Breastfed infants -have less:——

Diarrhea

Breathing problems

Diaper rash

Lung infections

Ear infections

Breastfed infants -may also be protected from:

► Sudden infant death syndrome

Asthma

Allergies

► Diabetes

Other diseases

Breastfeeding is great for moms:

Good mother-infant bond

Easier night feeding

 Faster shrinking of the uterus after birth

Less bleeding after birth

· Faster weight loss after birth

Stronger bones

Less risk of breast cancer

Less risk of ovary cancer