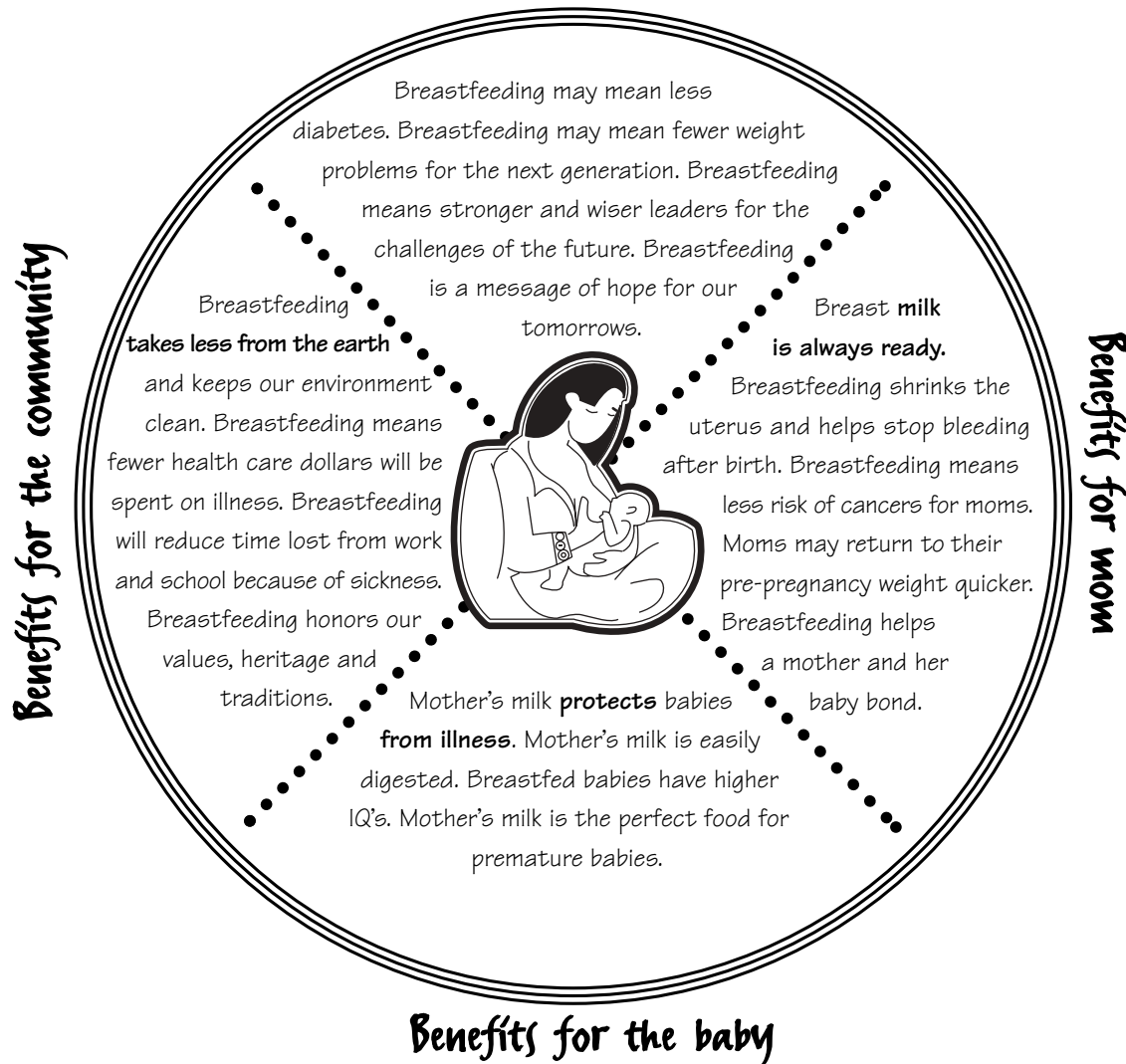


# Medicine wheel for breastfeeding

## Benefits for the future



# Benefits of Breastfeeding

CH-12

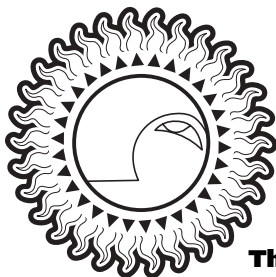
Version française disponible



Human milk is the perfect food for human babies.

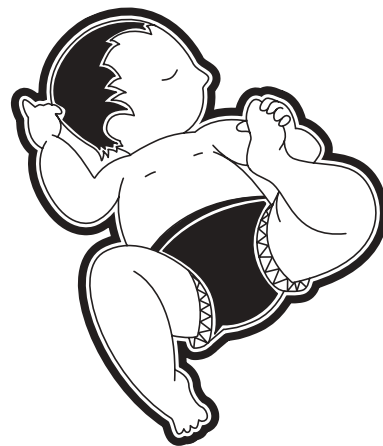
## Breast milk is:

- ▶ Cheaper than formula
- ▶ Always ready  
(no mixing or equipment needed)
- ▶ Perfectly clean
- ▶ At the right temperature



**The elders speak:**

“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

