

Breastfeeding Tip



You probably have heard that breastfeeding is healthy for your baby, but there are surprising reasons why **breastfeeding is good for you!**

Breastfeeding releases hormones in your body that:

- help you relax and bond with your baby.
- help you recover from labor more quickly.
- lower your risk for breast cancer, ovarian cancer, type 2 diabetes and heart disease later in life.

Breastfeeding is good for **you, your baby and your family!**



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