

why breastfeed?

Breastfeeding helps your baby **grow happy and healthy!**



Breastfed babies are less likely to have:

- ear infections and colds
- allergies
- asthma
- skin problems, like eczema
- diarrhea or constipation

Breastfeeding lowers your baby's risk for:

- SIDS
(sudden infant death syndrome)
- obesity
- diabetes
- childhood cancer



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