



Reasons I Want to Breastfeed

- Breastmilk is the most natural food for me.
- Breastfeeding is recommended by the American Academy of Pediatrics.
- Breastmilk is specially made for me – a human baby.
- Breastmilk provides the right mix of fats, carbohydrates and proteins.
- Breastmilk is always ready and available when I'm hungry.
- Breastmilk is easier for my tummy to digest than formula.
- Breastmilk is always the right temperature.
- My immune system will develop better.
- My vaccinations are more effective.
- I won't get as many colds or earaches, so I'll have fewer trips to the doctor.
- I'll have fewer cavities.
- I'm less likely to develop diabetes, asthma or arthritis.
- Mommy is safer from breast and uterine cancers.
- It is easier for mommy to lose weight.
- Mommy's milk supply increases as I grow and want to eat more.
- Breastmilk is good for me even after my first birthday.
- Any amount of time that Mommy can breastfeed me is wonderful.
- Breastfeeding is what breasts were designed for.
- Mommy's milk tastes oh – so good!