



The Benefits of Breastfeeding

The personal decision to breastfeed is just one of the many decisions you need to make during your pregnancy.

Both breast milk and formula will help a baby grow, but experts universally agree that when it comes to feeding an infant, breast milk is best—it is the perfect source of nutrition for a baby’s optimal growth and development.

- Here are a few of the benefits of breastfeeding:
- Babies are better able to fight off infection and disease
 - Premature infants develop better when breast-fed than those who are formula-fed
 - Nursing is good for the development of a baby’s jaw, encouraging the growth of straight, healthy teeth
 - Physical contact is important to newborns, and nursing helps them feel safe and comforted
 - Mothers burn calories by nursing
 - Nursing is convenient and economical

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Children’s Eye Health and Safety Month – www.preventblindness.org National Breastfeeding Month – www.usbreastfeeding.org/NBM Psoriasis Awareness Month - www.psoriasis.org World Breastfeeding Week (1-7) – www.worldbreastfeedingweek.org				1 World Breastfeeding Week	2	3
4	5	6	7 Ramadan Ends	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31