Breastfeeding
A mother’s superpower

Breastmilk Facts:
- Lower risk of:
  - Ear infections
  - Asthma
  - Obesity
  - SIDS
  - Bacterial & Viral Infections
- Breastmilk Facts:
  - Easier for baby to digest
  - Minimal preparation for staff
  - Contains all nutrients, calories and fluid a baby needs
  - Baby receives immune-boosting compounds from the mother

It Takes 3

Time
- Allow adequate time and patience in adjusting to a new schedule

Space
- Provide a private space, chair, pillow and small table

Support
- Praise the mother

Reminders and Benefits

Reminders
- Breastfeed exclusively for first six months
- Breastfeed for first twelve months
- Delay introducing solids until six months old

Benefits
- Infants are more resistant to illness
- Less diaper rash
- Less spit up
- Happier baby