

Good for humans. Breastmilk is made by your body to meet your baby's food needs. When an infant is born early, your body makes milk just for your baby's age.	Good for fighting allergies. Breastmilk can reduce the chances of your baby having allergies.
Good for health now. Breastfeeding protects your baby against SIDS (Sudden Infant Death Syndrome), and babies who are breastfed have a lower chance of getting ear infections, diarrhea, colds, and viruses.	Good for health later. Breastfeeding protects your baby against diabetes and obesity in later life.
Good for protecting baby. Breastmilk coats your baby's stomach and protects your baby from sickness.	Good for babies' mouths. Breastfeeding helps your baby's mouth to grow right.
Good for peace of mind. Breastmilk is safe for your baby. There is no risk of contamination.	Good for calming baby. Breastfeeding can calm your baby quickly. You can breastfeed right after lab tests or vaccinations to comfort him.