



BREAST MILK

EVERY OUNCE COUNTS



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<p><i>Good for your uterus.</i> Breastfeeding helps the uterus return to its pre-pregnant size.</p>	<p><i>Good for reducing risk of cancer.</i> Breastfeeding reduces mom's risk from getting breast cancer.</p>
<p><i>Good for losing the baby weight.</i> The breastfeeding woman burns about 600 calories per day.</p>	<p><i>Good for getting more sleep.</i> Night time feedings do not require preparation or warming of bottles.</p>
<p><i>Good for saving money.</i> Breastmilk is free. Breastfeeding saves between \$900 and \$4,700 the first year if you do not have to buy formula. You will also save a lot in health care costs.</p>	<p><i>Good for leaving the house.</i> Breastfeeding is easier when you want to leave the house.</p>
<p><i>Good for your work.</i> Breastfed babies are sick less often so moms are absent from work less.</p>	<p><i>Good for bonding.</i> Mom and baby have special moments together when they breastfeed.</p>