



BREASTFEEDING BENEFITS

August is Breastfeeding Awareness Month. Breastfeeding has many benefits for baby and mom. Breast milk is the best source of nutrition when it comes to the development of the baby especially during the first 6 months to the first year of baby's life.

BENEFITS of Breastfeeding:

- **Nutrition** - Breast milk is the best source of nutrition and it will meet nutritional needs for baby.
- **Antibodies** - Babies are less likely to get sick due to a strong immune system that comes from breast milk. It also helps to protect the baby from long term diseases such as type 1 diabetes or asthma.
- **Convenience** - Breast milk can be available anytime and anywhere. It minimizes the worry of mixing formula or even the cost of formula.
- **Mother's Health** - Moms who breastfeed benefit as well. It helps with weight loss and reduces the risk of high blood pressure, type 2 diabetes, and breast cancer.

Community Resources:

The Genesis Program is your local resource for Breastfeeding Education. They offer services for breastfeeding support, breast pumps (based on assessment), and nursing supplies.

Please call the Genesis Program for more information (520) 562-1237.



**SCAN QR CODE
FOR MORE
INFORMATION**

