

Babies were born to be breastfed!



The American Academy of Pediatrics recommends breastfeeding for at least the first year of life.

Benefits of Breastfeeding

- Breast milk increases bonding between mom and her baby
- Breastfed babies have fewer illnesses & allergies
- Breast milk protects baby from ear infections
- Breastfeeding improves baby's vision, brain, teeth & jaw development
- Breastfed babies have less childhood obesity
- Breastfeeding helps moms lose weight
- Moms miss fewer days of work because the baby is sick less often
- Breastfeeding is convenient with nothing to heat, prepare, pack or buy
- Saves money
- Protects the environment: no packaging, no plastics, no waste

How can WIC help?

Planning to return to work or school?

Ask your WIC nutritionist about the WIC Breast Pump Program.

Need more information or advice about breastfeeding?

Call WIC at (440)-279-1936

You can find out more info about breastfeeding at related Web sites.

California WIC Program → <http://www.wicworks.ca.gov/breastfeeding/BFResources.html>

National Women's Health Information Center → <http://www.4woman.gov/breastfeeding>

La Leche League → <http://www.lalecheleague.org>

American Academy of Pediatrics → <http://www.aap.org>

Center for Disease Control Breastfeeding Program → <http://www.cdc.gov/breastfeeding>

Healthy People 2010 → <http://www.healthypeople.gov>

National Healthy Mothers, Healthy Babies Coalition → <http://www.hmhb.org/breastfeeding.html>

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Geauga County WIC Program at the Geauga County Health District