

Benefits of Breastfeeding Game Key

Healthier baby and me

- Breast milk provides the ideal nutrition for your baby (good nutrition helps your baby to be healthy).
- Breastfeeding reduces baby's risk for developing diseases later in life.
- Breastfeeding helps with weight loss (being at a healthy weight is good for your overall health and gives you more energy to take care of your baby).
- Breastfeeding may lower your risk of type 2 diabetes and ovarian and breast cancer.
- Breastfeeding is an excellent way to bond with your baby.
- Breastfeeding babies get sick less often, which means fewer trips to the doctor.

More time with my baby

- No washing and making bottles.
- Breastfeeding is an excellent way to bond with your baby.

Saves my family money

- Breastfeeding babies get sick less often, so fewer trips to the doctor (less money spent on doctor visits, medicine, and transportation).
- No buying bottles or formula.
- Breastfeeding mothers get the most food from WIC (less money spent on food).