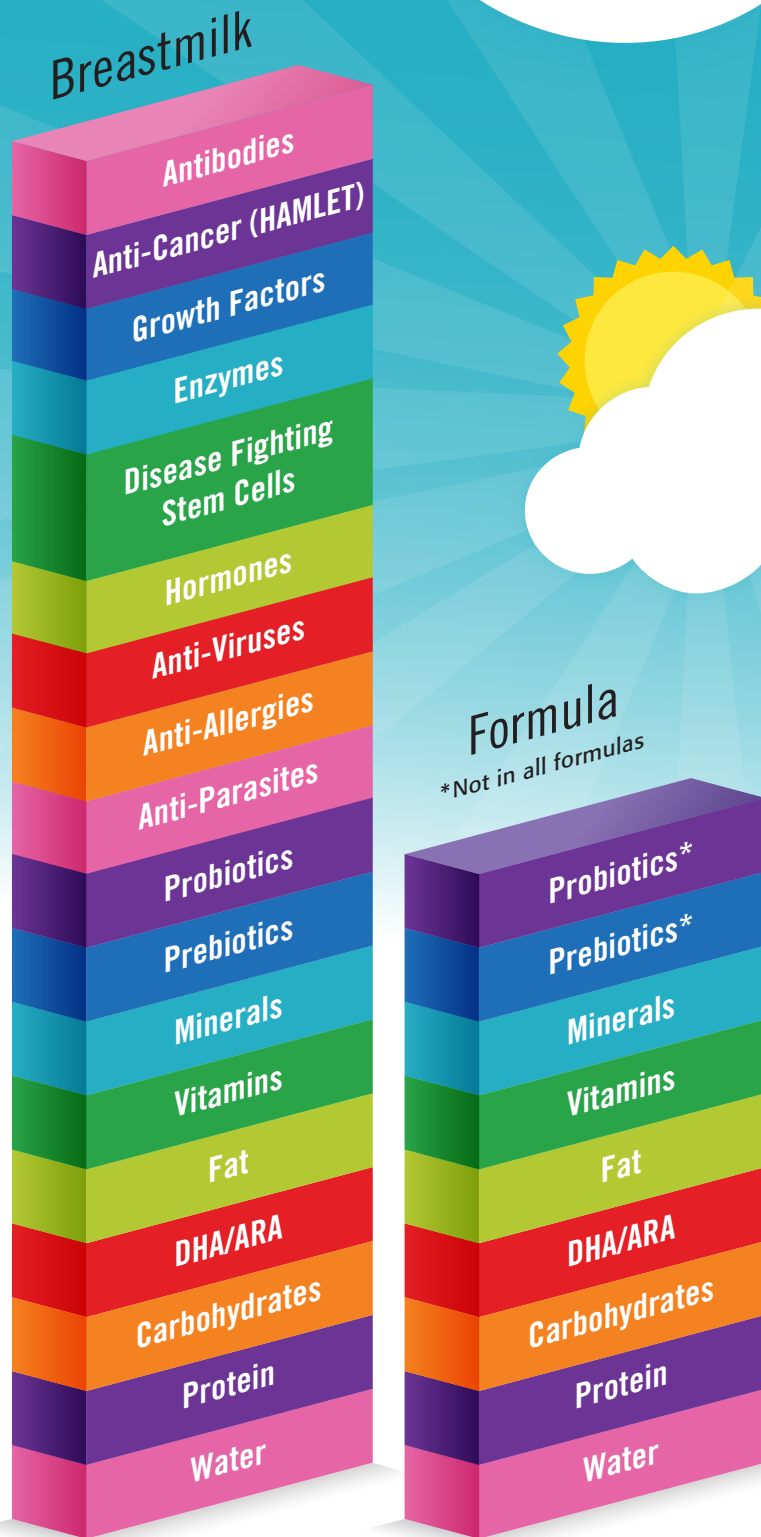


Breastmilk

has **more** of what babies need.



Arkansas WIC Breastfeeding Helpline
800.445.6175

 www.facebook.com/arwicbreastfeeding



Breastmilk provides what babies need to be strong, healthy and smart.

Breastmilk:

- Is always ready
- Is easy to digest, so—less spit up, diarrhea, and constipation
- Helps protect against asthma, allergies, diabetes and obesity
- Will change to meet your baby's growing needs
- Helps your baby's brain develop

When you breastfeed...

Your baby:

- Is healthier.
- Doesn't have as many ear infections.

You:

- Are less likely to have post-partum depression.
- Lose weight more quickly.
- Share a special bond with your baby.

Developed by the California WIC Program
This institution is an equal opportunity provider.

