1. Breast milk is baby’s perfect food: it’s just the right nutrition.
2. Breast milk is easy to digest.
3. Breast milk actually changes to meet baby’s needs.
4. Breastfed babies have less diarrhea, earaches, pneumonia, allergies.
5. Breastfed babies have a lower risk of Sudden Infant Death Syndrome.
6. Mom and baby relax and feel a close bond while breastfeeding.
7. Breast milk is always ready, safe, fresh and at just the right temperature.
8. Breastfeeding is free.
9. Breastfeeding is easy: nothing to measure, heat, sterilize, or prepare.
10. Breastfeeding is healthy for mom: it lowers the risk of many serious diseases.

Look for our Ten Tips pamphlets on Breastfeeding at NoodleSoup.com.