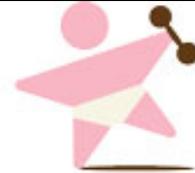




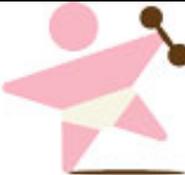
BREAST MILK

EVERY OUNCE COUNTS



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<p>Good for your uterus. Breastfeeding helps the uterus return to its pre-pregnant size.</p>	<p>Good for reducing risk of cancer. Breastfeeding reduces mom's risk from getting breast cancer.</p>
<p>Good for losing the baby weight. The breastfeeding woman burns about 600 calories per day.</p>	<p>Good for getting more sleep. Night time feedings do not require preparation or warming of bottles.</p>
<p>Good for saving money. Breastmilk is free. Breastfeeding saves between \$900 and \$4,700 the first year if you do not have to buy formula. You will also save a lot in health care costs.</p>	<p>Good for leaving the house. Breastfeeding is easier when you want to leave the house.</p>
<p>Good for your work. Breastfed babies are sick less often so moms are absent from work less.</p>	<p>Good for bonding. Mom and baby have special moments together when they breastfeed.</p>