



## Not just a new mom, a Supermom.

You alone have the power to give your baby the best start in life, the power to create a strong mother-child bond, the power to protect your baby from illness. By breastfeeding, you become your child's superhero.

### Breastfeeding: A true super power.

Read the information on the bulletin board and answer the questions below.

1. Many advertisements for formula say that they have ingredients "like those naturally found in breastmilk." Circle the ingredients below that are in your breastmilk but not found in formula.

- A. Antibodies  
B. Flavors of the foods you eat  
C. Custom milk that changes as your baby grows  
D. All of the Above

2. A baby's immune system is not finished developing at birth. By breastfeeding, you are sharing your immune system with your baby until theirs gets stronger. Antibodies in breastmilk change all the time to fight off bacteria and illnesses that your baby is exposed to. How long does it take for a mom to start making those specific antibodies in her super milk?

- A. 3 days  
B. 24 minutes  
C. Within 24 hours  
D. They are there immediately

3. There is no need to be on any special diet or avoid foods when you are breastfeeding. In fact, every time you eat, some of the Flavors of the food you are eating pass into your breastmilk. Your child will be more likely to eat a variety of foods when he starts solid food if he tasted these in your breastmilk.

4. The Nutrients in your breastmilk are easy to digest and made just for your baby. No other food or water is needed until about 6 months of age.

No lab or factory will ever be able to make a milk like yours.