

BREASTFEEDING

NOURISHING BODY & BOND



Whether you're a first-time mom or seasoned veteran, breastfeeding is more than just a feeding choice—it's a physical, emotional and even spiritual journey. Here's what makes breastmilk so uniquely powerful.

THE INCREDIBLE BENEFITS OF BREASTMILK



For Baby

- ◆ Tailored immunity—antibodies adapt as your baby grows
- ◆ Reduced risk of ear infections, respiratory illness and SIDS
- ◆ Supports brain development and healthy weight gain

For Mom

- ◆ Promotes postpartum healing and bonding
- ◆ May reduce risk of breast and ovarian cancer
- ◆ Helps regulate mood and lowers stress hormones

Breastfeeding: It's Not Always Easy— But It's Worth It

From cracked nipples to cluster feeds, breastfeeding can feel overwhelming. But every latch is a labor of love. The early weeks are tough, but the rewards are lasting.

Your body was made for this, and so was your baby.

“Fed Is Best”—And That Includes Breastmilk

We fully support moms who can't breastfeed or choose alternatives for medical or mental health reasons. You are a good mom. Follow your gut. Mom knows best, so don't let other people's opinions get you down.

But if you're on the fence—and you can nurse—know this:

- ◆ Breastfeeding is a gift only you can give
- ◆ It's a powerful way to nourish and nurture
- ◆ Support is out there—you don't have to do it alone

Looking for Support?

- ◆ Talk to a lactation consultant
- ◆ Lean on other moms in your church or community
- ◆ Ask for help—physically, emotionally, spiritually