Breastfeeding is the Gold Standard

The American Academy of Pediatrics recommends a full six (6) months of just mother’s milk for the healthiest baby. Exclusive breastfeeding for 6 months is known as the “Gold Standard”.

- All new mothers make milk and it is ready on the baby’s birth day.
- As your baby breastfeeds more milk is made.
- Mothers who nurse whenever baby is hungry will make all the milk her baby needs.
- Babies do NOT need water, sugar water or formula for the first 6 months, they only need breastmilk.
- Mother’s milk is perfect nutrition for babies, it is free and always ready.
- Breastmilk promotes proper growth and development.
- Mother's milk has exactly the right amount of nutrients for your baby and they are of the highest quality.
- Breastmilk is easy to digest and does not cause constipation or diarrhea.
- Babies love it!

Exclusive breastfeeding helps to protect your baby against:

- Asthma and Eczema
- Infections-gastrointestinal, ear, lower respiratory tract, meningitis
- Dental Cavities & Braces
- Childhood leukemia
- Diabetes, Type 1 and 2
- Obesity
- SIDS

Exclusive breastfeeding also protects mom from and provides:

- Diabetes, Type 2
- Ovarian cancer
- Pre-menopausal breast cancer
- Osteoporosis
- Postpartum depression
- Quicker recovery & lower chance of postpartum bleeding
- Faster weight loss
- No menstrual cycle for 5-7 months and a reduced risk of anemia
- Pregnancy protection of 98% in the first 6 months with exclusive breastfeeding.

MOTHER’S MILK IS THE GOLD STANDARD!

Your Complete Source for Breastfeeding Support