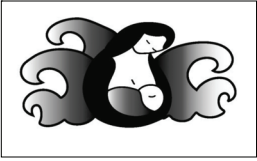


Breastfeeding is the Gold Standard



Tidewater Lactation Group, Inc
207 Business Park Dr, Ste 101
Virginia Beach, VA 23462

Need more help?

If you have additional questions about breastfeeding or the services offered through Tidewater Lactation Group, Inc., Please call our office.

Call: 757-422-5502

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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

