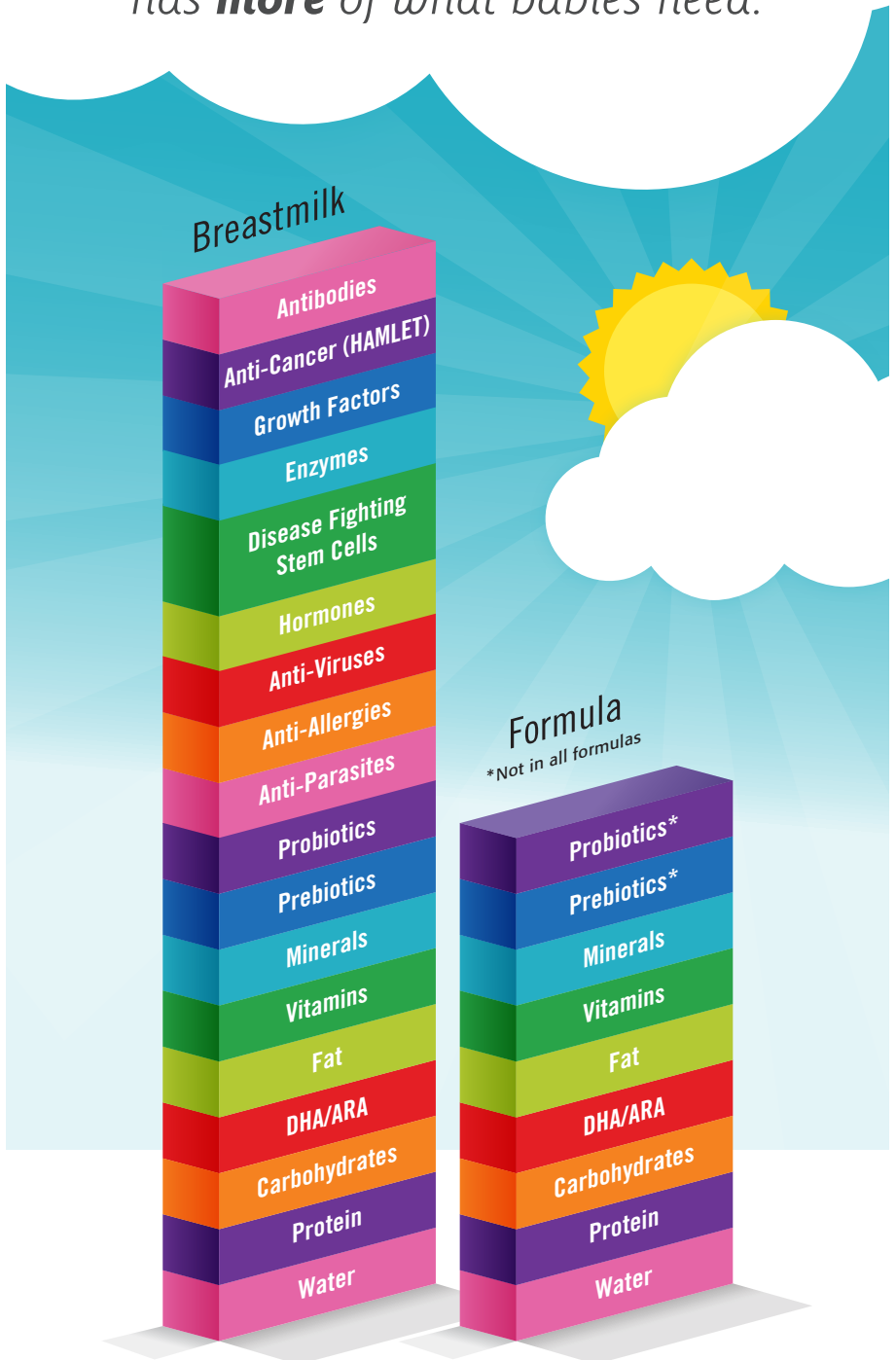


Breastmilk

has **more** of what babies need.



A graphic featuring a blue background with a sunburst pattern of rays emanating from the top right. A large yellow sun is partially visible on the right side, with its rays extending into the blue area.

Breastmilk provides what babies need to be strong, healthy and smart.

Breastmilk:

- *Is always ready.*
- *Is easy to digest, so—less spit up, diarrhea, and constipation.*
- *Helps protect against asthma, allergies, diabetes and obesity.*
- *Will change to meet your baby's growing needs.*
- *Helps your baby's brain develop.*

When you breastfeed...

Your baby:

- *Is healthier.*
- *Doesn't have as many ear infections.*

You:

- *Are less likely to have post-partum depression.*
- *Lose weight more quickly.*
- *Share a special bond with your baby.*

Developed by the California WIC Program.



This institution is an equal opportunity provider.
