
THE IMPORTANCE OF BREASTFEEDING/CHESTFEEDING

Benefits for the whole family



PERSONALIZED

Breastmilk changes to meet baby's needs as they grow and develop. It protects against infection and is easily digestible.



BONDING

Oxytocin from skin to skin contact and snuggling supports the milk ejection reflex and the uterus returning to its normal size.



CANCER REDUCTION

Breastfeeding/chestfeeding reduces the risk of breast cancer, ovarian cancer, and uterine cancer for the feeding person.



MICROBIOME

The number one way to seed your baby's microbiome with beneficial bacteria is through breastmilk.



NUTRITION

Human milk has the perfect amount of fat, protein, sugar, water, minerals, and nutrients for optimal health and development.



SUPPORTIVE

Feeding your baby human milk is free, convenient, sterile, the right temperature, and environmentally friendly.