



# TOP TEN REASONS TO BREASTFEED YOUR BABY

1. Breastmilk is the best and most natural food for baby. It is the only food needed for the first six months.  
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2. Breastmilk has health benefits that formula can't match. Breastfed babies are sick less often. They are also better protected from diabetes, obesity, allergies, asthma, and even Sudden Infant Death Syndrome (SIDS).  
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3. Breastfeeding will save you over \$1,200 a year, since you won't need to buy formula.  
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4. Breastfeeding is healthy for mom, too. It helps you heal and lose weight after having a baby. It also protects against diabetes and some kinds of cancer.  
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5. You can continue to breastfeed after you return to work. It's your legal right to pump breastmilk when away from your baby.  
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6. Breastmilk is the perfect food for your baby and changes to meet baby's needs as he grows.  
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7. Breastfeeding helps mother and baby share a close and special bond.  
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8. Breastfeeding is especially important for babies born before their due date.  
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9. The first few weeks of breastfeeding can be hard. With practice and support, it will get easier.  
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10. Every ounce of breastmilk is important for baby's health.

# We can help you breastfeed or pump milk for your baby.

If you have questions or need help, contact:

## Bayhealth - Kent General Hospital

(302) 674-4700

[www.bayhealth.org](http://www.bayhealth.org)

## Bayhealth - Milford Memorial Hospital

(302) 422-3311

[www.bayhealth.org](http://www.bayhealth.org)

## Beebe Healthcare

(302) 645-3577

[www.beebehealthcare.org](http://www.beebehealthcare.org)

## The Birth Center

(302) 658-8321

[www.thebirthcenter.com](http://www.thebirthcenter.com)

## Christiana Care Health System

(302) 733-3360

[www.christianacare.org](http://www.christianacare.org)

## Delaware WIC Program

1 (800) 222-2189

[dhss.delaware.gov](http://dhss.delaware.gov)

## La Leche League

[www.llofmd-de-dc.org](http://www.llofmd-de-dc.org)

## Nanticoke Memorial Hospital

(302) 629-6611

[www.nanticoke.org](http://www.nanticoke.org)

## Nemours/Alfred I. duPont Hospital for Children

(302) 685-9119

[www.nemours.org](http://www.nemours.org)

## Saint Francis Hospital

(302) 421-4478

[www.stfrancishealthcare.org](http://www.stfrancishealthcare.org)

## Breastfeeding Coalition of Delaware

[info@delawarebreastfeeding.org](mailto:info@delawarebreastfeeding.org)

[www.delawarebreastfeeding.org](http://www.delawarebreastfeeding.org)



Breastfeeding Coalition  
of Delaware