Breastfeeding – it’s a healthy choice for both of us

Breastmilk is health food for babies. It helps prevent ear and chest infections, tummy upsets, diabetes and eczema. But breastfeeding can also reduce your chances of getting ovarian cancer, breast cancer or weak bones later in life. Don’t you both deserve the healthiest chances in life?

Breastfeeding – what could be more natural?
Find out more from your midwife or health visitor, or at www.breastfeeding.nhs.uk