‘Life doesn’t have to stop just because I breastfeed’

Breastfeeding helps protect your baby against infections, diabetes, eczema and tummy upsets. It also reduces your chances of getting breast or ovarian cancer. If you express your milk before leaving home, you or someone else can feed your baby anywhere, anytime and with no hassle.

**Breastfeeding** – what could be more natural?

Find out more from your midwife or health visitor, or at www.breastfeeding.nhs.uk
‘Breastfeeding gives my baby the best start he deserves’

Breastfeeding helps protect your baby against infections, eczema, asthma and diabetes. It also reduces your child’s chances of getting colic and tummy upsets. There’s no preparation involved – and it needn’t cost a penny. So why let anything get in the way of giving it a try?

Breastfeeding – what could be more natural?
Find out more from your midwife or health visitor, or at www.breastfeeding.nhs.uk
‘Why is breastfeeding best for my baby and me?’

Breastfeeding helps protect babies against asthma, eczema, diabetes and a range of infections. And it reduces a mother’s chances of getting breast or ovarian cancer. You can ask for support to make sure it works for you and your baby.

**Breastfeeding – what could be more natural?**

Find out more from your midwife or health visitor, or at [www.breastfeeding.nhs.uk](http://www.breastfeeding.nhs.uk)
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?

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