

breastfeed
me hoki ki te ūkaipō
BREASTFEEDING WELCOME HERE

Breastfeeding for mum helps with...

- Losing pregnancy weight
- Getting a better quality sleep
- Reducing stress and improving mood
- Increasing confidence in mothering ability
- Bonding and attachment to baby
- Reducing the risk of anaemia, osteoporosis and heart disease
- Reducing the risk of cervical, breast and ovarian cancers.

Breastfeeding can help baby by...

- Protecting against infections
- Decreasing the risk of allergies, obesity, diabetes, childhood cancers and SUDI
- Promoting optimal brain development
- Promoting a sense of trust, security and pleasure.

FEED ANYTIME, ANYWHERE
HEALTHY MUM + HEALTHY BABY =
HEALTHY FAMILY OVERALL

