



FAMILY BIRTH PLACE

# Choosing to Breast feed

By choosing to breast feed, you are providing the best source of nutrition for your baby. Breastmilk has all the nutrients your baby needs, including antibodies to help your baby fight off viruses and bacteria.

In addition, breastmilk protects your baby's gut from germs and diseases, as well as promotes bonding and contributes to your baby's emotional development. Studies show breastfeeding:

- Lowers the risk of SIDS.
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