

B	I	N	G	O
hunger cues	Active participation helps people learn	Can bridge the gap in health inequalities	Time is essential - early initiation of breastfeeding	Protective factor against SIDS.
Breastmilk is tailor made to the baby's needs	colostrum is milk - high in protein has a laxative effect	Reduced risk of maternal type 2 diabetes.	Aids in maternal weight loss	Supply and demand
Visual power points engage learners	reduces risk of ear infections for babies	FREE	Breastfeeding is recommended for all babies for the first 2 years of life	Hormone receptors
Involve me and I learn	Use 3-4 points/slide	PC's offer support to breastfeeding mothers	Helps baby in forming more secure attachments	Reduced maternal risk of ovarian cancer
Gives passive immunity to baby	Breastfeeding lowers risk of gastrointestinal infections for babies	Reduced risk of premenopausal breast cancer	reduces risk of respiratory infections in babies	Builds a positive bond

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Helps baby in forming more secure attachments	Reduced risk of premenopausal breast cancer	hunger cues	Builds a positive bond	Use 3-4 points/slide
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