B	I	N	G	O
The AAP recommends breastfeeding for one year or longer.	A little breastmilk is better than none.	Breastfeeding reduces baby's incidence of ear infections.	Mom's breasts make milk while baby is nursing or mom is expressing milk.	Human milk changes to meet the baby's needs.
Breastfeeding is the natural way to feed a baby.	Thawed breastmilk should not be re-frozen.	Human milk may be stored in plastic containers.	Breastfed babies have less colic.	Keep a bottle of frozen milk for emergencies.
Starting solid foods before the baby is 6 months old may cause allergies	The more a baby nurses at mom's breast the more milk she makes.	**FREE**	Breastfeeding and putting baby on his back to sleep help prevent SIDS.	Breastmilk helps prevent diarrhea in babies.
California law protects a mother's right to nurse any place where the mother & child are authorized to be present.	Mother's milk is the only food a baby needs the first 6months of life.	Feed the baby at his or her first signs of hunger.	Breastmilk has antibodies that protect babies against disease.	Human milk is easier for babies to digest than formula.
Breastfeeding saves tax dolla	Breastfeeding increases mom's self-confidence.	It is recommended that leftover breastmilk be discarded.	Wash your hands every time before and after you feed a baby.	Breastfeeding may lower the mother's risk of getting breast cancer.

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