

B	I	N	G	O
The AAP recommends breastfeeding for one year or longer.	A little breastmilk is better than none.	Breastfeeding is the natural way to feed a baby.	Mother's milk is the only food a baby needs the first 6 months of life.	Feed the baby at his or her first signs of hunger.
Breastfeeding helps form a special bond with your baby.	Thawed breastmilk should not be re-frozen.	Human milk helps protect your baby from illness.	Adolescents and adults who were breastfed as babies are less likely to be overweight or obese.	Mom's breasts make milk while baby is nursing or mom is expressing milk.
Starting solid foods before the baby is 6 months old may cause allergies.	The composition of breast milk changes to satisfy baby's needs.	FREE	Breastfed babies have less colic.	Breastfeeding saves tax dollar
Breastmilk has antibodies that protect babies against disease.	NY law protects a mother's right to nurse any place where the mother is authorized to be present.	Breastmilk helps prevent diarrhea in babies.	Breastfeeding reduces baby's incidence of ear infections.	Human milk changes to meet the baby's needs.
Breastfeeding may lower the mother's risk of breast and ovarian cancer type II diabetes and postpartum depression.	Breastfeeding and putting baby on his back to sleep help prevent SIDS.	Human milk is easier for babies to digest than formula.	breastfeeding should be "on demand".	Breastfeeding increases mom's self-confidence.

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