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 is easier for babies to digest than formula.
Breastfeeding is the natural way to feed a baby.	Thawed breastmilk should not be re-frozen.	It is recommended that leftover breastmilk be discarded.	All 50 states have laws protecting a mother's right to nurse any place where the mother & child are authorized to be present.	Listen to your breast if they begin to feel engorged or feverish.
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**	Breastfed babies have less colic.	Feed the baby at his or her first signs of hunger.
Having a support system in place increases your long term breastfeeding relationship.	Mother's milk is the only food a baby needs the first 6months of life.	Human milk changes to meet the baby's needs.	Breastmilk helps prevent diarrhea in babies.	Human milk may be stored.
Breastmilk has antibodies that protect babies against disease.	Breastfeeding increases mom's self-confidence.	Keep a bottle of frozen milk for emergencies.	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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