

B	I	N	G	O
The AAP recommends breastfeeding for one year or longer.	A little breastmilk is better than none.	Breastfeeding may lower the mother's risk of getting breast cancer.	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.
Breastfeeding is beneficial for mothers and babies	Thawed breastmilk should not be re-frozen.	Human milk is easier for babies to digest than formula.	Breast milk is tailor made to meet babies needs	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 more a baby nurses at mom's breast the more milk she makes.	FREE	Breastfed babies have less childhood illness	Breastmilk has antibodies that protect babies against disease.
Breastmilk helps prevent diarrhea in babies.	Nhs could save 48 million a year	California law protects a mother's right to nurse any place where the mother & child are authorized to be present.	Breastfeeding saves tax dolla	Human milk changes to meet the baby's needs.
Breastfeeding reduces baby's incidence of ear infections.	Breastfeeding and putting baby on his back to sleep help prevent SIDS.	Human milk may be stored in plastic containers.	Wash your hands every time before and after you feed a baby.	Breastfeeding is the natural way to feed a baby.

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