



Breastfeeding Bingo Bingo Call Sheet

This is a randomized list of all 24 bingo events in square format that you can mark off in order, choose from randomly, or cut up to pull from a hat:



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