

BREASTFEEDING

*Just the facts,
Mom!*



1 Breast milk is the natural formula with **BENEFITS FOR BOTH MOMS AND BABY.**

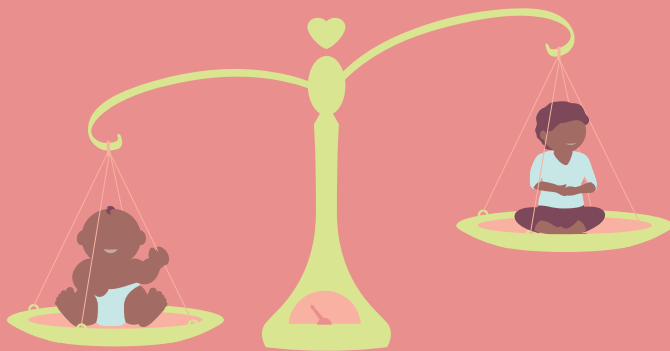
2 Breast milk is **NOT ONLY AN EXCELLENT SOURCE OF NUTRITION**, it is a preventative medicine. Breastfed babies have lower rates of harmful and sometimes fatal diseases, such as:

- 36 PERCENT lower rates of Sudden Infant Death Syndrome (SIDS)
- 19 PERCENT lower rates of childhood leukemia
- 27 PERCENT lower rates of asthma
- 39 PERCENT lower rates of diabetes

3 Breastfeeding is also great for mom's health and **REDUCES THE RISK OF DISEASES**, as well as cases of postpartum depression.

- 28 PERCENT lower breast cancer rates
- 21 PERCENT lower ovarian cancer rates

4 Breastfeeding is one of the best ways for moms to lose baby weight!



For sources, visit ReallyReally.org

Having a baby?
IT CAN BE OVERWHELMING
REALLY

There is really a lot of information.

Some is REALLY complex.

Some is REALLY surprising.



We've captured all you ever wanted to know — AND MORE — about the benefits of BREASTFEEDING and the decisions you make during the very first hour of your baby's life. Really? Really.™ is your ONLINE RESOURCE for breastfeeding facts, making smart decisions during baby's first hour of life and the BENEFITS of skin-to-skin contact.

We think you'll be surprised.

REALLY!



Really?
REALLY.
BREASTFEEDING.
KNOW THE FACTS.

For more information, visit ReallyReally.org

Really? REALLY.™ was created in partnership by CHI Health and the Nebraska Breastfeeding Coalition.