

NAME:

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DIRECTIONS:



- Breastfeeding
- The Sacred Hour
- Skin-to-skin

I recommend
that you
Breastfeed
your Baby.

SIGNATURE

DATE

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Really? REALLY.

BREASTFEEDING. KNOW THE FACTS.

REALLYREALLY.ORG

Every Ounce Counts!

Breastfeeding is a wonderful gift for your baby, yourself, and your family.

The American Academy of Pediatrics and the American Academy of Family Physicians recommend exclusive breastfeeding for about six months with continuation of breastfeeding for one year or longer as mutually desired by a mother and infant.

For more information on the benefits of breastfeeding, The Sacred Hour, skin-to-skin and more, visit ReallyREALLY.org

Breastfeeding can decrease YOUR risk of:

- Breast cancer
- Ovarian and uterine cancer
- Type II diabetes
- Osteoporosis
- Arthritis
- Postpartum depression and anxiety
- Pregnancy (delays ovulation)

Breastfeeding can decrease your BABY'S risk of:

- Ear infections, colds and diarrhea
- Sudden Infant Death Syndrome (SIDS)
- Obesity
- Diabetes
- Asthma
- Allergies
- Childhood Leukemia

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Really? REALLY.™ was created in partnership by the Nebraska Breastfeeding Coalition and Live Well Omaha Kids.