

Hecel Oyate Kin Nipi Kte



"So that the People May Live"

Bring Back the Tradition of Breastfeeding



BENEFITS OF BREASTFEEDING:

FOR THE BABY

- Lower risk of Type 1 & 2 Diabetes
- Lower risk of allergies, ear infections, asthma, infections, respiratory illnesses
- Lower risk of obesity
- Lower risk of SIDS
- Fewer doctor visits
- Special bond with mother

FOR THE MOTHER

- Easier weight loss after birth
- Lower risk of type 2 diabetes
- Lower risk of breast cancer, ovarian cancer, and osteoporosis
- Lower risk of post-partum depression
- Special bond with baby
- Saves time and money

"There is no substance that can come close to human milk. Formula is missing over 400 ingredients, which cannot be duplicated by scientists in a laboratory"

-United States Breastfeeding Committee

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