

Your body grew your baby
perfectly on the inside and
now your breast milk will
grow and protect your
baby outside.

Naturally occurring breast
milk is far superior to man
made formula recipes.
There is nothing like it!

Guelph Paediatricians



This document has been prepared with funds provided by the
Government of Ontario and support of Best Start Resource
Centre at Health Nexus and Jacqueline A. Sanvido, RN,
BScN, Best Start Project Lead, Guelph General Hospital.

Graphic design provided by Auburn Larose at Wellington-
Dufferin-Guelph Public Health.



Breastfeeding

Help Your Baby Grow



Baby Sofia

How does breastfeeding help your baby?

Breastfeeding helps your baby to continue to grow outside the womb. It is a natural progression! Colostrum (first milk) and breast milk have all the essential nutrients in all the right amounts to develop and protect your baby. It is the best food and medicine you can give to your precious baby!



Reduces ear infections so they hear better.



Gives your baby 32% more brainpower that improves memory, speech and ability to think and understand information.



Has 10x more vitamins, which improves eyesight so they see better.



Decreases risk of childhood cancers, sudden infant death, diabetes and obesity.



Builds twice as strong immune systems to fight off infections such as pneumonia and chest infections so they have 74% less infections than formula fed babies.



Prevents bacteria/viruses from entering the body which decreases stomach flus and diarrhea by 64%.

