

# Breastmilk:

## The Only All-Natural Food for Your Baby


- Bulletin Board
- Created by Emily Loehmer, Dietetic Intern
- Resources:
  1. Breastfeeding and the Use of Human Milk. American Academy of Pediatrics-Policy Statement. *Pediatrics*. 2012;129(3)e827-e841.
  2. CEDA WIC & FCM Breastfeeding Peer Counselor/ Educator Training. March 2015.

# Instructions

- Baby and mom each have their own components, so it is best to position them to each have one half of the bulletin board, but not necessary.
- Title Pages for the top of the bulletin board are slides # 4,5,6.
- Slide #7 explains what exclusive breastfeeding is, and should go in the middle near the top.
- Slides #8 & #9 pertain to benefits for baby & mother, respectively.
- The board is interactive, so the cover page to each of the benefits should be positioned on top of the following slide.
- Cover pages to the questions/facts are slides # 11, 13, 15, 17, 20, 22, 24
- Content pages are slides # 12, 14, 16, 18, 21, 23, 25
- You can choose different pictures to reflect participant caseload, use real people or use a generic icon for the mother and baby.

This slide is not intended to be used on the bulletin board, but as a visual example of how you might set up the board.

# The Breastfed Baby



**Immune system.**  
Responds better to vaccinations. Human milk helps to mature immune system. Decreased risk of childhood cancer.

**Skin.**  
Less allergic eczema in breastfed infants.

**Higher IQ.**  
Cholesterol and other types of fat in human milk support the growth of nerve tissue.

**Endocrine system.**  
Reduced risk of getting diabetes.

**Eyes.**  
Visual acuity is higher in babies fed human milk.

**Mouth.**  
Less need for orthodontics in children breastfed more than a year. Improved muscle development of face from suckling at the breast. Subtle changes in the taste of human milk prepare babies to accept a variety of solid foods.

**Ears.**  
Breastfed babies get fewer ear infections.

**Throat.**  
Children who are breastfed are less likely to require tonsillectomies.

**Respiratory system.**  
Breastfed babies have fewer and less severe upper respiratory infections, less wheezing, less pneumonia and less influenza.

**Joint and muscles.**  
Juvenile rheumatoid arthritis is less common in children who were breastfed.

**Bowels.**  
Less constipation.

**Urinary tract.**  
Fewer infections in breastfed infants.

**Appendix.**  
Children with acute appendicitis are less likely to have been breastfed.

**Kidneys.**  
With less salt and less protein, human milk is easier on a baby's kidneys.

**Heart and circulatory system.**  
Breastfed children have lower cholesterol as adults. Heart rates are lower in breastfed infants.

**Digestive system.**  
Less diarrhea, fewer gastrointestinal infections in babies who are breastfeeding. Six months or more of exclusive breastfeeding reduces risk of food allergies. Also, less risk of Crohn's disease and ulcerative colitis in adulthood.

thealpharent.com

**BREASTMILK**

**IS**

**THE ONLY ALL-**

**NATURAL**

**FOOD FOR  
YOUR BABY!**

# WHAT IS EXCLUSIVE BREASTFEEDING?

Giving your baby **ONLY** *Breastmilk*

**NO**

**Infant Formula – Food – Water**





***Breastmilk is special!***

**EXCLUSIVE BREASTFEEDING IS BETTER  
FOR YOUR BABY**





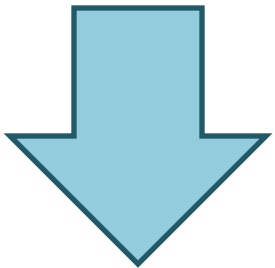
# **EXCLUSIVE BREASTFEEDING IS BETTER FOR YOU!**





# **COLD AND FLU**

**Does Breastmilk keep my baby  
from getting sick?**



***Lift here for the answer!***



# Breastfed babies are less likely to get:



- the flu



- the common cold



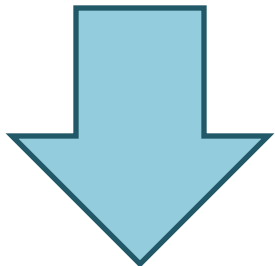
- ear infections



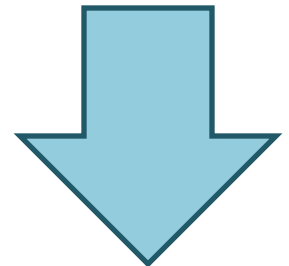
- pneumonia

# STOMACH

**Do formula-fed babies have more constipation and diarrhea?**



***Lift here for the answer!***

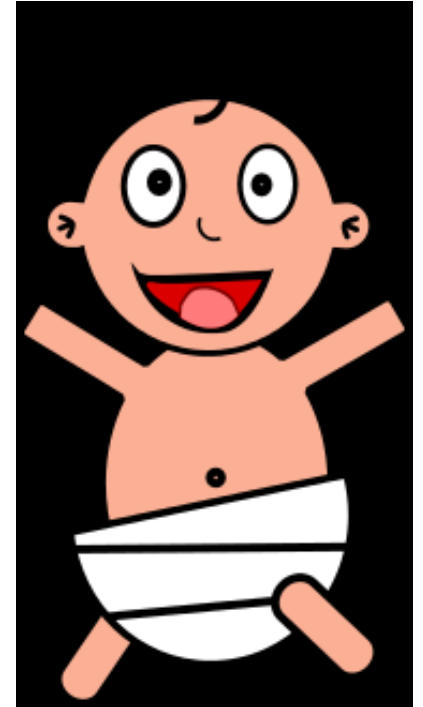


YES!!

Breastmilk is easy for your baby to digest.

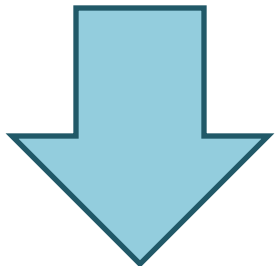
Breastmilk is gentle on your baby's stomach.

Breastfed babies have less diarrhea and constipation.

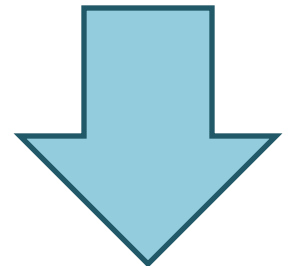


# BRAIN

**How does Breastmilk help my  
baby's brain?**

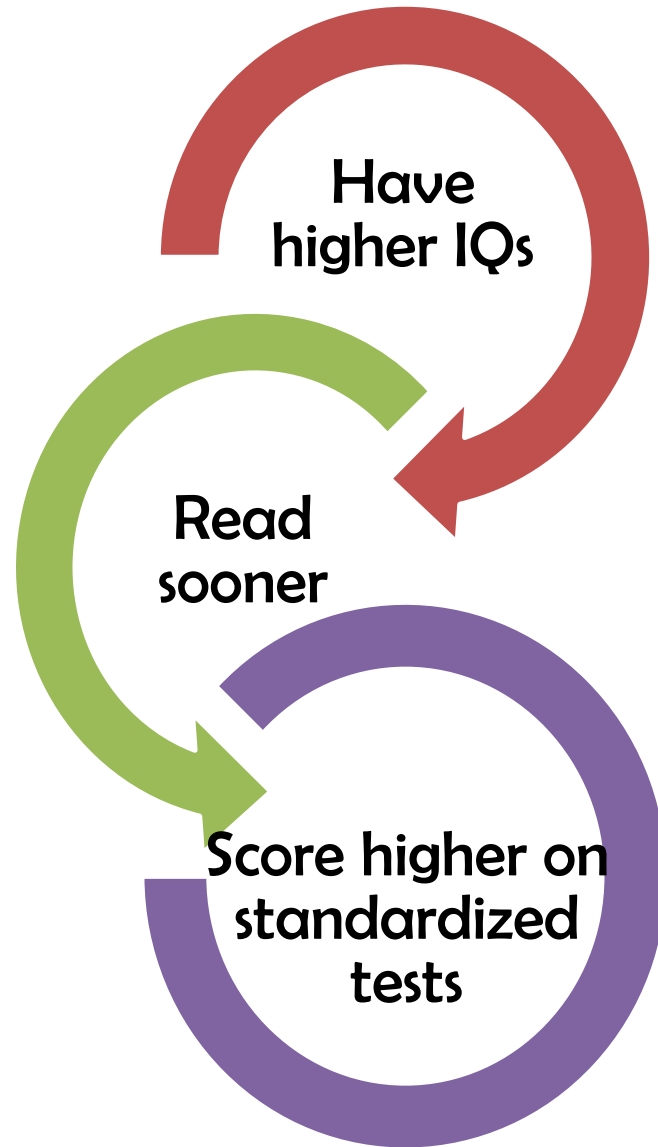
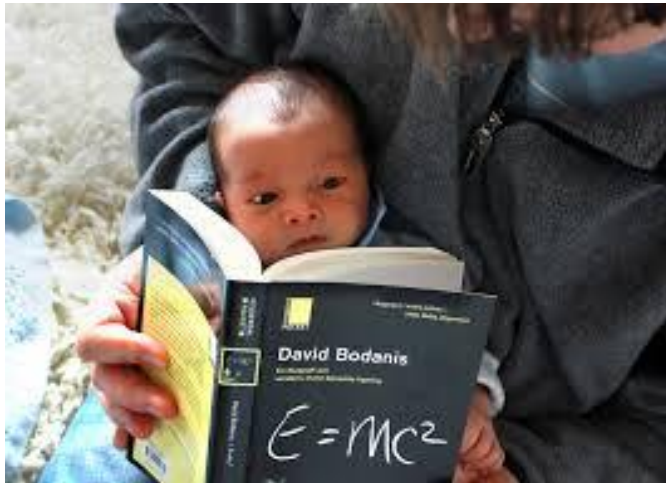


***Lift here for the answer!***





# Breastfed babies →



# IMMUNE SYSTEM

**Will feeding Breastmilk improve  
my baby's health?**



***Lift here for the answer!***



**Yes it  
will!**



**Unlike infant formula...**

**BREASTMILK**

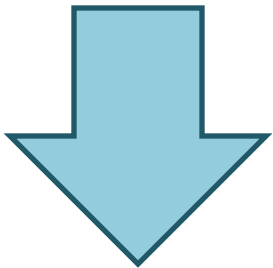
**changes as your baby grows for the best  
start to a healthy life.**

**How is  
breastfeeding  
good for me?**



# SAFETY

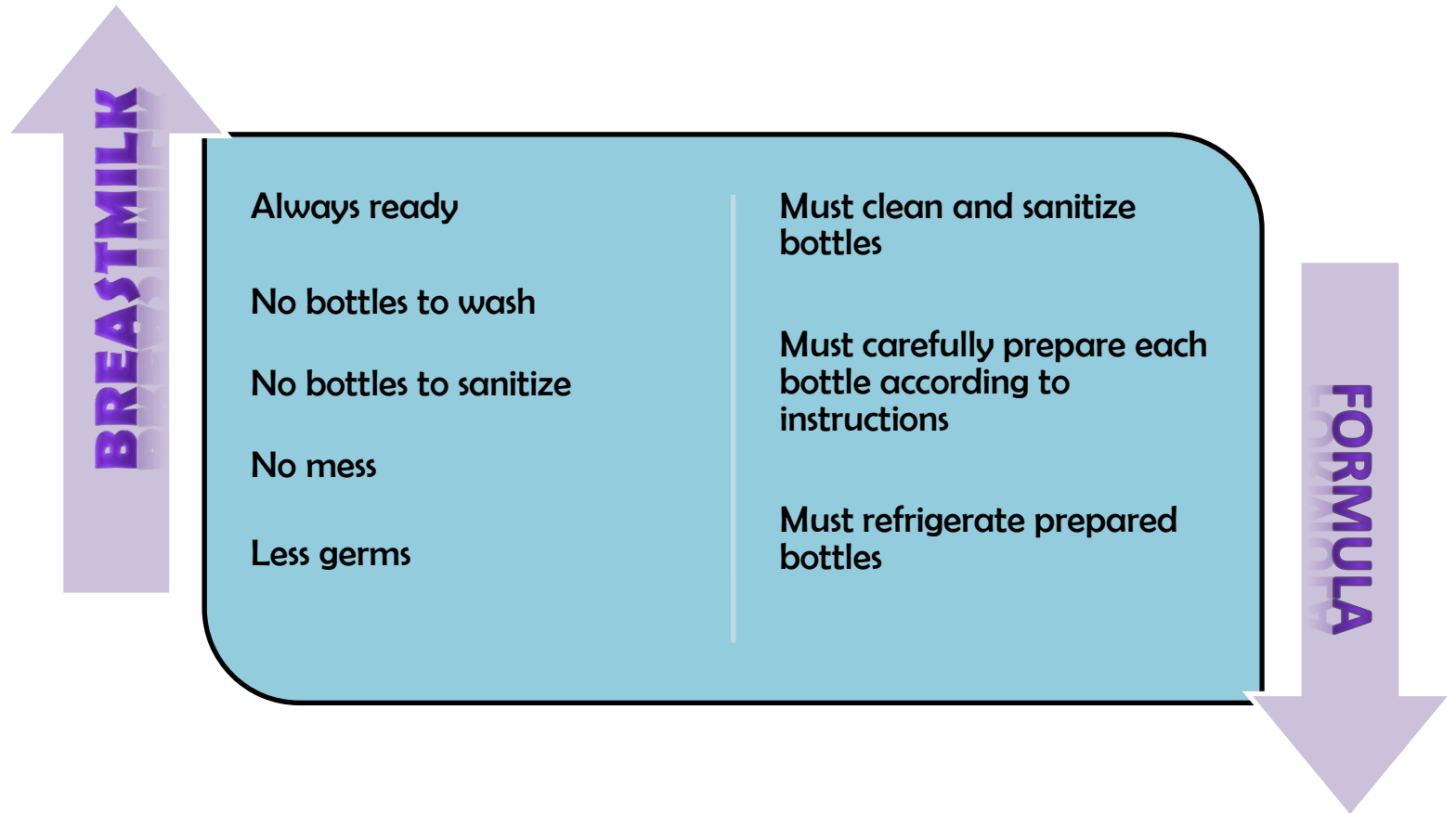
**Is Breastmilk safer & easier  
than formula?**



***Lift here for the answer!***



# Breastfeeding is safer and easier!



# BONDING

**How does Breastfeeding help you feel closer to your baby?**



***Lift here for the answer!***







**Holding your baby skin-to-skin while breastfeeding helps your baby feel safe and secure.**

# WIC FOOD

**Do exclusively breastfeeding  
moms get more WIC food than  
those who use formula?**



***Lift here for the answer!***



# EXCLUSIVELY BREASTFEEDING

Mom



Baby



Yes!  
Exclusively  
breastfeeding  
moms get more  
food...

...and exclusively  
breastfeeding  
babies get lots  
more food at 6  
months.



Mom  
Baby  
FORMULA FEEDING