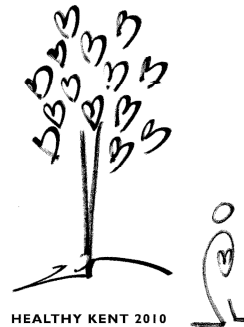




Free Support

- Baby Beloved, Inc.
616.977.LOVE (5683)
www.babybelovedinc.com
- Cherry Street Health Clinic
616.235.7272 ext. 2036
- Kent County Health Department
Community Nursing
616.632.7058
WIC
616.632-7200
- La Leche League
616.752.8300
www.llli.org
- Metro Health Hospital
616.252.7894
www.metrohealth.net
- MSU Extension Mother-to-Mother Program
616.336.3265
- Saint Mary's Health Care
616.685.5602
www.smmmc.org
- Spectrum Health
616.391.9437
www.spectrum-health.org



Healthy Kent Breastfeeding Task Force

Mission Statement

The Healthy Kent 2010 Breastfeeding Task Force exists to improve the health and well being of infants and families through education, outreach and advocacy to promote and support breastfeeding and the use of human milk.

To get involved go to:

healthykent2010breastfeedingtaskforce.blogspot.com

www.healthykent.org

Or find us on Facebook by searching for Healthy Kent 2010 Breastfeeding Taskforce

Healthy Kent Breastfeeding Task Force

Free Bonding • Free Nutrition

Free Empowerment • Free Time



Free Support • Free Protection

free to feed

Feeding Your *Baby* with
freedom

- **The Benefits of Breastfeeding**



Free Bonding

- Breastfeeding increases the bond between mom and baby
- Breastfeeding satisfies baby's emotional needs
- Breastfeeding promotes physical contact and helps baby feel more secure, warm and comforted.



Free Protection

- A breastfed baby is at decreased risk of allergies, asthma, and obesity for baby
- Breast milk contains antibodies to protect baby from colds, ear infections, and other illnesses
- Breastfeeding decreases mom's risk of developing breast and ovarian cancer



Free Time

- Breast milk is always at the right temperature, in the right container, and always available
- Breastfeeding parents miss less work as their babies are sick less often
- Breastfed babies result in fewer visits to the doctor due to baby illness



Free Nutrition

- Breast milk is the ideal nutrition for baby with just the right ingredients in just the right amounts
- Breast milk is easier for baby to digest
- Breast milk costs nothing



Free Empowerment

- Only a mother can provide the perfect nutrition her baby needs
- Breastfeeding is a self-confidence booster for mom

