breast milk benefits

The more breast milk your baby receives the greater the benefits.

- Protects against obesity and diabetes when a child is older
- Protects against infection and inflammation
- Protects against urinary infections
- Protects against tummy bugs
- Protects against tummy bugs
- Protects against respiratory infections
- Protects babies from ear infections
- Mums who breastfeed have a lower risk of breast and ovarian cancers

Ask your midwife or health visitor for more information.

www.feedgoodfactor.org.uk