



BREASTFEEDING: DOES A BABY GOOD

-FOR A LIFETIME

Breastfeeding has many benefits for mom as well as baby. Any amount of breastfeeding is beneficial for you and your baby; however, the longer a baby is breastfed, the more benefits you will see. Here is a list of just some of those benefits.



Benefits for Baby:

- Less illness
- Less ear infections
- Less allergies
- Less risk of obesity
- Less risk of cancers

Benefits for Mom:

- Faster return to pre-pregnancy size
- Less risk of cancers
- Less risk of depression
- Special bond with baby
- Saves money

-WIC & BREASTFEEDING:

WIC's goal is to encourage every mother to initiate breastfeeding and to encourage every mother to breastfeed exclusively.

WIC food packages have changed to better meet WIC participant nutritional needs, strengthen breastfeeding promotional efforts, and support the establishment of long-term breastfeeding. WIC provides incentives for initiation and continuation of fully breastfeeding mothers and infants:

- Larger quantities of food and a \$10 voucher for fresh fruits and vegetables for breastfeeding mothers.
- Baby food meats and larger quantities of baby food fruits and vegetables for breastfeeding infants.

BREASTFEEDING QUESTIONS OR CONCERNS?

Please Call Leah Shrader,
Breastfeeding Coordinator at:
308-865-5353
1023 Avenue F
Kearney, NE 68847

COMING SOON!!!

Breastfeeding Peer Counselors

To provide mother-to-mother breastfeeding support
for WIC participants
Call 308-865-5353 for more information