

WHY

BREAST FEED?



REDUCE THE RISK



Breastfeeding reduces the baby's risk of developing chronic conditions, such as type 1 diabetes, celiac disease, and Crohn's disease, **and lowers the risk of Sudden Infant Death Syndrome (SIDS) by 50%.**

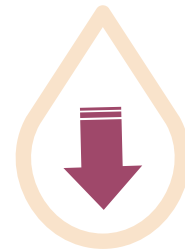
SAVINGS, BABY!



According to La Leche League International, the cost of formula can range from \$134 to \$491 per month.

That's \$1,608 to \$5,892 in 1 year!

LESS CANCER



Breastfeeding can **decrease** a baby's risk of some childhood cancers and **lower** the risk of premenopausal breast cancer and ovarian cancer in moms.

Breastfeeding reduces incidences of pneumonia, colds, and viruses among breastfed babies.



Saving babies. Supporting families.

First Candle is committed to the elimination of SIDS and other sleep-related infant deaths through education and research, while providing support for grieving families who have suffered a loss. Our policy follows the American Academy of Pediatrics (AAP) recommendations; all caregivers are trained in child care safe sleep practices according to established professional standards.

For more information, visit www.firstcandle.org!