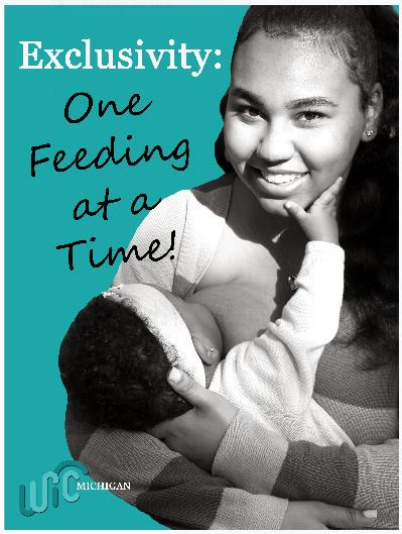
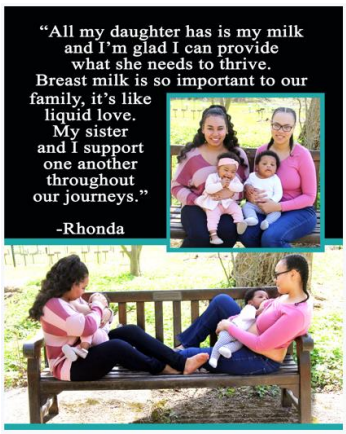
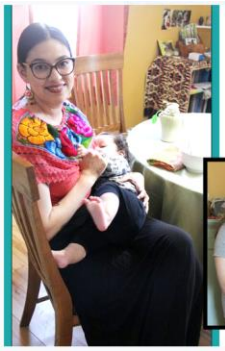
5.5” x 17”

5” x 7”



8” x 10”





"We use traditional Native American and Mexican traditions to help our mother-baby relationship stay strong and healthy, such as foods to fortify the body for making milk and a 40-day resting period after giving birth. I am also fortunate to have a workplace that supports babies at work."
-Raeanne

Breastfeeding can be hard.

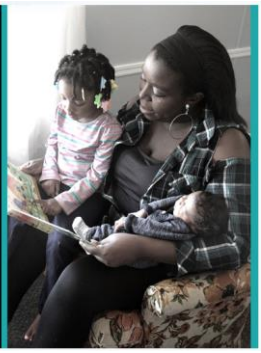
Moms do the best they can to love their babies. Balancing work, school, family, life and breastfeeding takes commitment. Sometimes, the systems you interact with (healthcare providers, child care, work) make it hard to exclusively breastfeed.

Each and every drop of breast milk you provide your baby makes a difference.

One Feeding at a Time!

"I needed to work hard to keep up with pumping since my son was born at 34 weeks, and now, he is at the breast! I nursed my daughter for two years."

-Georgia



5" x 7"

"Infants should be exclusively breastfed for the first six months of life to achieve optimal growth, development and health."

-World Health Organization

Babies should have, "…exclusive breastfeeding for about six months, followed by continued breastfeeding as complementary foods are introduced…"

-American Academy of Pediatrics

Infants receiving mother's own milk, or human milk, receive immunities. However, the greatest immunity occurs when a baby is *exclusively* breastfed.

Babies who have their mother's milk have a lower risk of future obesity.

Moms who exclusively provide their milk lose their "baby weight" faster.

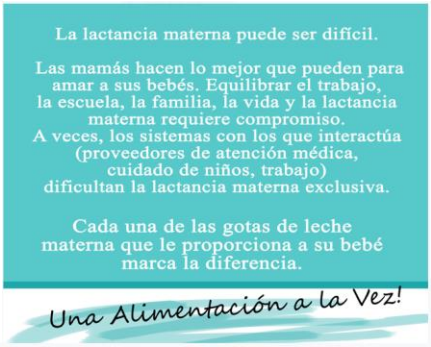
Moms who exclusively provide their milk for six months can keep up their breast milk production more easily.

It is easier to start solid foods with babies who are six months old, because they are more developmentally ready.

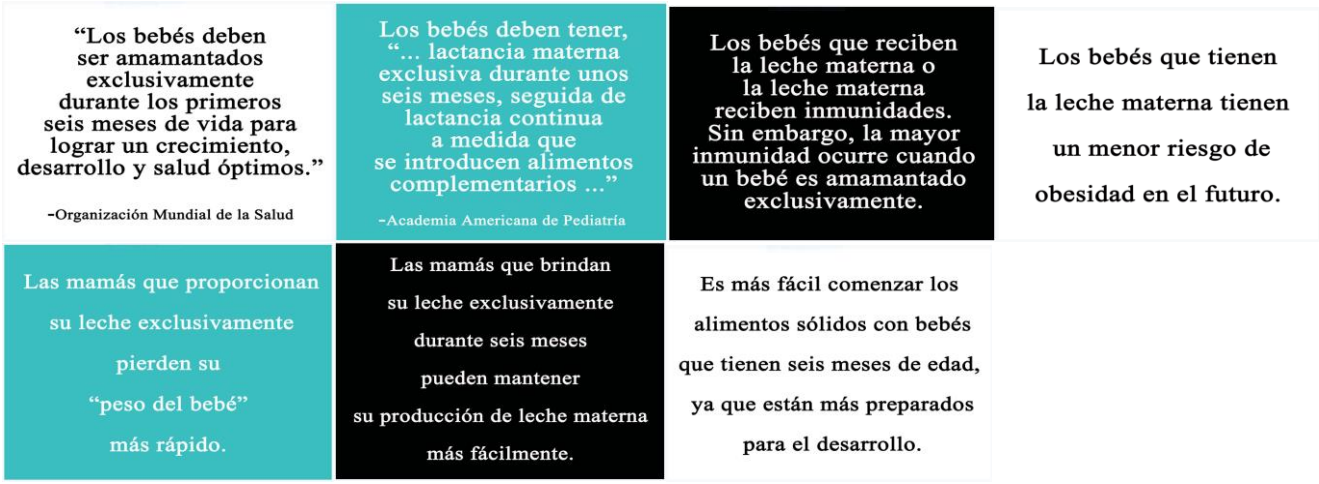
And, Everything in Spanish:
5.5” x 17”

5” x 7”

8” x 10”



5" x 7"



11" x 17" Poster