



“MOTHER to MOTHER” Program

How will you feed your baby?.....thought about breastfeeding?

If you are WIC or Food Stamp eligible....we can help!

A breastfeeding peer counselor will answer your questions and provide:

- ✓ ENCOURAGEMENT & SUPPORT
- ✓ HOSPITAL, HOME & PHONE VISITS
- ✓ EDUCATIONAL MATERIALS
- ✓ NUTRITION INFORMATION
- ✓ ONE-ON-ONE

For more information call:

Muskegon County MSU Extension BFI Peer Counselor

Janet Thom 231.724.6648

Or

Muskegon County WIC (724-1281)

MICHIGAN STATE
UNIVERSITY
EXTENSION
Muskegon County



THE ADVANTAGES OF BREASTFEEDING

For Baby

- Helps your baby grow strong and healthy. Breastfed babies have fewer earaches, colds, food allergies, eczema, less asthma and hay fever.
- Is the perfect food for your baby. It's just what your baby needs in just the right amounts. It's always the right temperature.
- Changes to meet your baby's growing needs. No formula can do that.
- Is gentle to your baby's stomach and very easy to digest. He/she will have little or no colic, constipation, or diarrhea. Breastfed babies are less likely to spit up.
- Early breastmilk (colostrums) gives your baby protection against disease.
- Promotes good jaw, tooth & vision development.
- Research and studies have proven that breastfed babies are smarter as they get older. Breastmilk promotes brain cell growth.
- There is a decreased incidence of S.I.D.S., cancer, and juvenile diabetes.
- Do not need formula

For Mother

- Saves money. There is nothing to buy (bottles, nipples, formula, etc).
- Helps you get your figure back faster. Weight loss can be easier. Your uterus will return to its normal size quicker. Making breastmilk uses about 600 calories a day. Produces naturally soothing hormones, oxytocin and prolactin. Increased calmness, self-esteem and confidence.
- Helps reduce the risk of pre-menopausal breast cancer, ovarian cancer, and osteoporosis.
- Delays the return of a normal period. It is nature's form of birth control. (It is always advisable to use condoms for safe sex).
- Mothers who are on WIC and breastfeed will receive more food. WIC keeps you on the program longer too (up to 12 months).
- You will develop a special bond with your baby. You will be the one supplying all of your baby's food. When you hold your baby to feed him/her you will know that you're giving him the best start in life. There isn't a formula made that can give your baby everything breast milk does!
- What have you got to lose? Except a wonderful experience!!