

Breastfeed me... please!

You can help protect me from...

- coughs, colds and ear infections
- asthma and allergies
- obesity
- childhood diabetes and arthritis
- bowel disease
- some childhood cancers
- SIDS (Sudden Infant Death Syndrome)

BREASTMILK - does it all!

Breastfeeding also helps protect my mom against:

- breast cancer (premenopausal)
- ovarian cancer
- osteoporosis

For assistance with breastfeeding call
Health Line Peel at 905-799-7700.
In Caledon call toll free at 905-584-2216.

