Breastfeeding Benefits & Concerns

For First-Time Moms

Benefits for Parents

- Available when you need it
- Can help your bonding with baby
- May lower risk for postpartum depression
- Saves money on formula
- May lower risk of breast or ovarian cancer and type 2 diabetes.

Benefits for Baby

- Your body makes the perfect nutrition for your baby!
- Breastmilk has antibodies that keep your baby healthy
- Provides a variety of tastes so baby may be a less picky eater
- Lowers risk of SSIDS

It is normal to have some concerns about nursing. Read common concerns and add your own to the blank boxes.

Will I have enough milk for my baby?

I can't keep up with nursing all the time and cluster feeding!

Will it be uncomfortable?

I feel unsure about feeding my baby in public.

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