

It's awkward to nurse a baby in public, and hard to leave breastfed babies with sitters, so nursing moms need to stay home most of the time.

Breastfeeding is Painful, and Hard to Learn

Breastmilk contains antibodies that fight disease, so breastfed babies have fewer ear infections, fewer respiratory infections, and less diarrhea.

In Washington state, 90% of new mothers breastfeed their newborn babies.

Parents need to choose to either Breastfeed all the time, or to Bottle-feed all the time.

Nursing helps mom recover from birth, by helping her uterus to contract. Mom also loses pregnancy weight more quickly.

Breastfed babies have fewer allergies, less asthma, a lower risk of diabetes, and a lower risk of obesity as they get older.

One of the most important factors in a woman's decision to breastfeed is the husband's approval of breastfeeding

Formula feeding costs about \$1500 per year.

Some women are not able to make enough milk to feed their babies.

Only 10% of pediatricians have any training in breastfeeding.

A breast-feeding mom's breasts can leak milk through her clothes. Can be embarrassing.

Likelihood of breast cancer is lower in women who have breastfed an infant AND lower in women who were breastfed as infants.

There's no way to tell if breastfed babies are getting enough milk.

The American Academy of Pediatricians recommends exclusive breastfeeding for six months; breastfeeding for at least one year.

Breastfeeding makes your breasts sag, and men won't think you're sexy anymore if you breastfeed.

Breastfed babies have a lower risk of SIDS.

Before the baby is born, you need to prepare your nipples for breastfeeding by roughing them up with a washcloth.

Breastfeeding moms aren't able to eat what they want, or drink what they want.

Newborn babies may nurse for a total of 5 to 7 hours of every day.

Women who want to smoke shouldn't breastfeed.

Babies will sleep longer if you give them formula, or especially if you give them cereal.

If mom drinks alcohol, some of it will pass through into the breastmilk.

It's best to wait till baby is one month old before giving a bottle.