

Benefits of Breastfeeding

Breast milk is a nutrition powerhouse.
Breast/chestfeeding supports growth and development, and even provides significant long-term health benefits for mom and baby.
Every drop counts!



Breastfeeding can reduce the mother's risk of breast and ovarian cancer, Type 2 diabetes, and high blood pressure.



Breast milk shares antibodies from the mother with her baby.



Breastfed babies have a lower risk of asthma, obesity, Type 1 diabetes, and fewer ear infections and stomach bugs.



DID YOU KNOW?

Your Milk Stork benefit allows you to travel for work without interrupting your lactation journey!

