

# It's a Bond Beyond Belief



Most people look at me and see a young mother. They can't see inside my heart. That's where I hold the special feelings I have about breastfeeding.

Breastfeeding is amazing. *It's a bond beyond belief*, one that only I can share with my son Joshua. There are no words to describe his eyes when he is drinking the milk only I can give. When I'm breastfeeding, the world stops. There is only Joshua and me. I try to capture that feeling so I'll never forget our first memories together.

There will be many "firsts" in Joshua's life. It won't be long until I hear him say "mama" for the first time. His first steps on chubby legs will follow. And someday he'll be launched into the world. But even then breastfeeding will touch his life. Breastfeeding makes babies smarter. Breastfed babies have fewer ear infections and diarrhea—even diabetes. Sometimes I think breastmilk should be gift wrapped since it's one of the best gifts I can give Joshua.

Having a baby changed my life and my body. But, breastfeeding helped me lose weight and fill out my tops better! So, I am happy and Joshua's father is too!

It's a scary world out there. But Joshua can count on me to give him the very best now and always.

***Breastfeeding is the gift only I can give. And it keeps on giving.***

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*Here are more reasons I am proud to breastfeed. I made a difference in my baby's health and my health. I know you can too!*

## Your baby's Benefits:

- Less chance of diabetes
- Better brain development
- Less chance of ear infections
- Less problems with constipation and diarrhea
- Less chance of (SIDS) Sudden Infant Death Syndrome
- Less chance of colds and flu
- Less chance of weight problems
- Less chance of asthma and allergies
- Less problems with tooth and jaw growth

## Your Benefits:

- You will save time and money
- You do not have to worry about buying, mixing or running out of formula
- You have a smaller chance of getting ovarian and breast cancer
- You have less risk of bone disease

I am so glad I breastfeed Joshua. Breastfeeding is worth asking about if you have questions. I didn't realize how helpful WIC could be. As you can see, I am glad I asked!

