

# It's the natural thing to do

Almost as soon as your baby is born he will start looking for your breast.

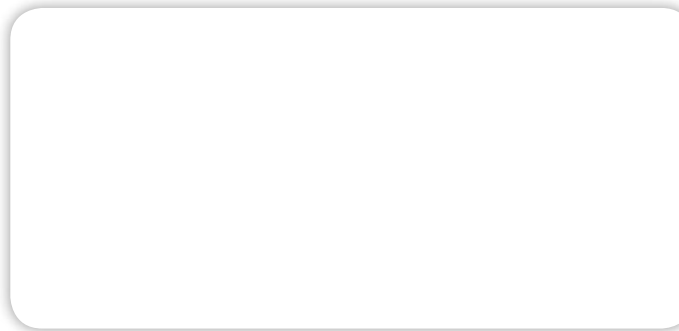
- Breastfeeding comes naturally to him.
- With a little practice it will seem totally natural to you.
- Mothers & babies have been breastfeeding for generations.



# The JOYS of Breastfeeding



If you want to talk to someone about breastfeeding, contact:



[www.breastfeeding.org.nz](http://www.breastfeeding.org.nz)



# Breastfeeding

## Great for baby

- Has everything your baby needs.
- Helps keep baby well.
- Helps baby feel safe and happy.
- Helps baby and you get really close.
- Always ready.
- Always at the right temperature.
- Builds a stronger healthier child.



## Saves money

- It's free.
- No waste.
- No bottles or milk to buy.
- Spend less on doctors' bills and medicine.
- The only food baby needs for the first 6 months.



## Great for you

- Helps you and baby get really close.
- Makes you feel important to your baby.
- You have all your baby needs.
- Keeps you healthier.
- Quicker and easier at night-time.
- Helps you get your figure back.

