



## Nurturing our Children

Breastfeeding is the healthiest way to nourish our children. Mother's milk provides protection for babies against infection. Breast milk also lowers a child's risk of becoming obese or developing diabetes later in life.

Breastfeeding offers many benefits to nursing moms. Breastfeeding mothers have lower rates of certain kinds of cancers. Women who breastfeed also return to their pre-pregnancy weight more easily than women who bottlefeed.



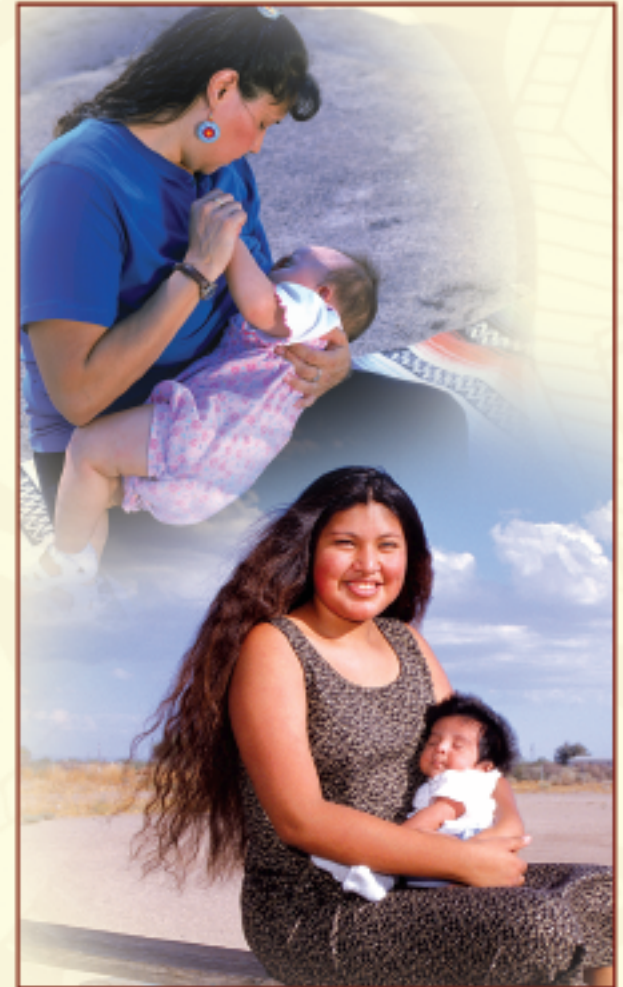
For more information call the  
Phoenix Indian Medical Center, IHS  
Diabetes Center of Excellence  
Breastfeeding Helpline at  
**1-877-868-9473** (toll-free)

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# Close to the Heart

Breastfeeding our Children,  
Honoring our Values





# Honoring our Values...



Native American women have been breastfeeding their children for centuries. Choosing to return to this valuable tradition strengthens our children, our community, and our future.



## Why Breastfeed?

There is no bond quite as special as the one between a breastfeeding mom and her baby. Many women also feel that breastfeeding is more convenient than bottlefeeding and much less expensive—no formula to buy.

You can continue to breastfeed even after you return to work or to school. An increasing number of employers provide nursing mothers a private room where they can nurse their babies or pump their breasts, and some employers now allow women to bring their babies to work with them. Employers have found that mothers who breastfeed are more productive employees and have lower rates of absenteeism.



## Benefits of Breastfeeding

- Breastfed babies are healthier—they have fewer:
  - *Ear infections*
  - *Respiratory infections (colds, coughs, flu)*
  - *Bouts of diarrhea and pneumonia*
  - *Urinary tract infections*
- Breast milk contains a balance of nutrients that is just right for growing babies.
- Breastfed babies grow up leaner.
- Breastfed babies are less likely to get diabetes later in life.
- Breastfeeding may protect against infection even after breastfeeding stops.
- Breastfed babies have stronger immune systems.
- Women who breastfeed return more easily to their pre-pregnancy weight.
- Breastfeeding is convenient and inexpensive.
- Breastfeeding can fit with school or work.

