Breastfeeding may come natural to some women but it is not always an easy road. Breastfeeding peer support provides the opportunity for women considering breast feeding to learn all of the facts and have their questions answered in a safe and warm environment.

In this country women of color are the least likely to breastfeed. Help change that statistic today. If you are expecting a bundle of joy, sign up for the peer support group and give your little one the best head start possible.

# Breastfeeding Peer Counseling

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# Fort Greene SNAP

# 324 Myrtle Ave

Brooklyn, NY 11205

(718) 694- 6957



Human milk for Human Babies

## Breastfeeding Information & Peer Support

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The best nutrition for your baby

### Breast is Best

### Why is Breastfeeding so important

![C:\Users\SNAPUSR01\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\RPZXZL4U\Pregnant_cartoon[1].jpg]()

#### 5 BreastFeeding Myths

1. It makes your boobs sag – It doesn’t!

2. It’s supposed to be painful- It’s not!

3. New moms don’t make enough milk- False!

4. It’s easier to bottle feed than Breastfeed- Not true!!

5. Formula is the same as breastmilk- Absolutely false. Breast milk cannot be replicated!

#### 5 Breastfeeding Benefits

1. It releases bonding hormones

2. It may lower the risk for childhood cancers

3. Its FREE

4. It may lower mom’s risk for breast cancer

5. It’s SUPER convenient

FOR MORE INFROMATION ON HOW YOU CAN GET STARTED ON YOUR BREAST FEEDING JOURNEY, JOIN THE BREASTFEEDING PEER SUPPORT GROUP TODAY! ![C:\Users\SNAPUSR01\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\RPZXZL4U\3575000735_6ba08467d9_z[1].jpg]()

Breast milk is best for your baby, and the benefits of **breastfeeding** extend well beyond basic nutrition. In addition to containing all the vitamins and nutrients your baby needs in the first six months of life, breast milk is packed with disease-fighting substances that protect your baby from illness.

The AAP says babies should be breastfed exclusively for the first 6 months. Beyond that, the AAP encourages breastfeeding until at least 12 months and longer if both the mother and baby are willing.

# Company Name

Peer Support Counselor

Sharea Thomas