



MILK: YOUR BABY'S FIRST FOOD

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1 Either breast milk or formula milks can give your baby most of the nutrients she or he needs for the early months of life. There are different advantages to each way of feeding; so the choice depends on your feelings and lifestyle.

2 BREAST MILK

- *is made for your baby's needs*
- *gives your baby protection against some illnesses, infections and allergies*
- *is always ready to use*
- *can be less expensive than formula depending on the diet you choose.*



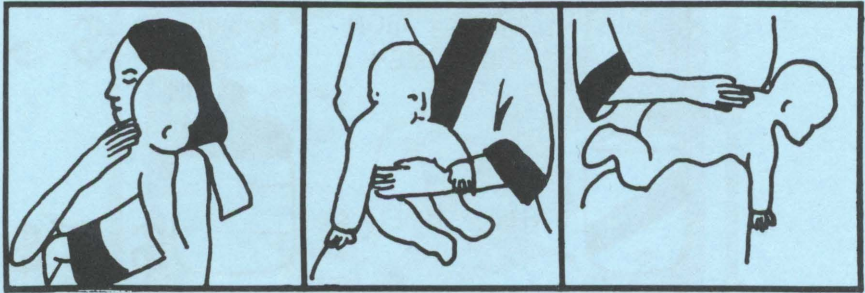
Breast feeding may also help you return to your original shape quicker.

3 FORMULA
allows others to feed your baby



4

Burp your baby during and after feedings.

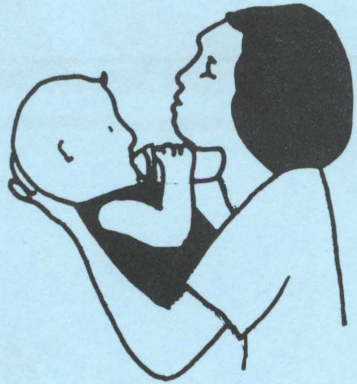


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Don't prop the bottle. Your baby could choke or develop an ear infection.

6

At feeding time you and your baby are learning about each other. Relax, hold your baby close. Love can be just as important as milk for your baby's growth and health.



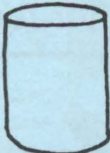
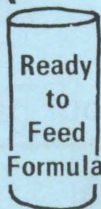


7

Wait until at least 6 months before switching from formula or breast milk to cow's milk. Feeding cow's milk before then can cause an allergic reaction or other problems.

8

Don't put sweet drinks like kool aid, soda, sugar water or sweetened milk in the bottle. Bottles are for water, formula or juice only.

9 CHOOSING A FORMULA

	WATER + VITAMINS + IRON SUGAR + TIME + \$		\$ \$ ¢
Evaporated Milk			\$ \$ \$
	WATER + TIME + \$\$	Disposable Bottles	

If you have a little extra time and want to save money, choose evaporated or concentrated formula.

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