

A to Z: 26 Reasons to Nurse Your Baby

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- **A**menorrhea
- **B**onding
- **C**olostrum... the perfect first food
- **D**ecreased risk of breast cancer
- **E**asy baby care
- **F**ew allergies
- **G**ood for the whole family
- **H**uman milk is specially designed for human babies
- **I**mmunities
- **J**aw development
- **K**ids get lots of attention when the new baby is breastfed
- **L**aundry is a breeze
- **M**ental development
- **N**atural
- **O**xytocin and prolactin
- **P**rotection against many diseases
- **Q**uick weight loss for mother
- **R**est
- **S**aves money
- **T**raveling is easy
- **U**nderstanding the baby's needs
- **V**itamins and minerals
- **W**orking goes smoothly when the nursing relationship is maintained
- **eX**actly what baby needs
- **Y**ou get to take care of your baby
- **Z**ero waste

Only the Best Is Good Enough - Breastfeed!

Last edited August 24, 2006 by chj.