| Good for humans.  
Breastmilk is made by your body to meet your baby’s food needs. When an infant is born early, your body makes milk just for your baby’s age. | Good for fighting allergies.  
Breastmilk can reduce the chances of your baby having allergies. |
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| Good for health now.  
Breastfeeding protects your baby against SIDS (Sudden Infant Death Syndrome), and babies who are breastfed have a lower chance of getting ear infections, diarrhea, colds, and viruses. | Good for health later.  
Breastfeeding protects your baby against diabetes and obesity in later life. |
| Good for protecting baby.  
Breastmilk coats your baby’s stomach and protects your baby from sickness. | Good for babies’ mouths.  
Breastfeeding helps your baby’s mouth to grow right. |
| Good for peace of mind.  
Breastmilk is safe for your baby. There is no risk of contamination. | Good for calming baby.  
Breastfeeding can calm your baby quickly. You can breastfeed right after lab tests or vaccinations to comfort him. |