

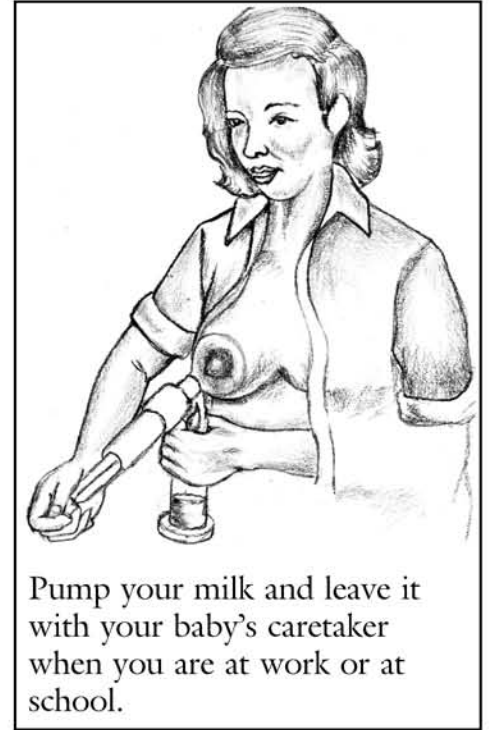
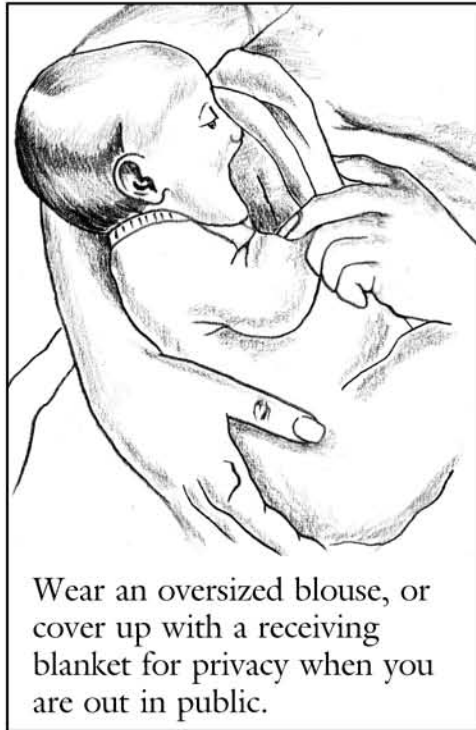
Feeding Decisions

**You know "breast is best"-
but you may be wondering:**

- ♥ Will I produce enough milk for my baby?
- ♥ How will I feed my baby when I'm out in public?
- ♥ How will I return to work or school or attend appointments?



Here are some ideas:



What will happen if I give my baby formula?

- ♥ Using formula will decrease your milk supply and can make breastfeeding difficult.
- ♥ Babies who receive formula get more ear infections and diarrhea.
- ♥ Babies who receive formula are more likely to get serious infections, diabetes, and certain cancers when they are older.

***Babies who receive only breast milk grow
to be the healthiest and smartest they can be.***