

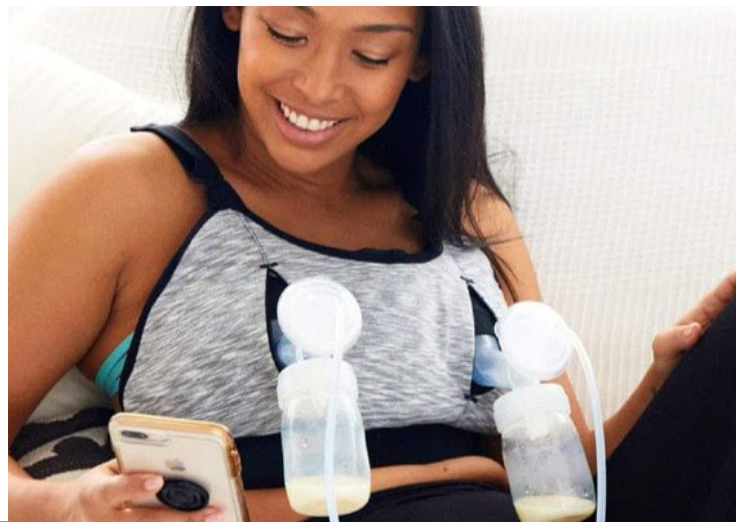
Feel better and connect more

When you breastfeed, your body releases special hormones that can help you feel calmer and less stressed. Many moms say it helps with 'baby blues' and boosts their mood.

Breastfeeding creates a unique and wonderful connection between you and your baby. It's a special time just for the two of you that builds a deep bond.



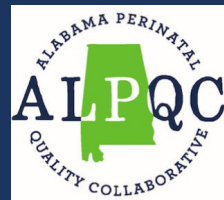
It's amazing what your body can do! Breastfeeding can give you a great sense of accomplishment and make you feel strong and confident as a mom.



- Faster Body Recovery
- Burns Calories
- Lowers Cancer Risk
- Better Bone & Heart Health
- Boosts Mood and Bonding

If you need support, ask your hospital lactation consultant or provider for breastfeeding resources in your area.

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Empowering Mothers Through Education

Choosing Breastfeeding for *You*



You've heard that breastfeeding is best for your baby, but did you know that breastfeeding has some amazing benefits for you?



Your body is amazing

Your body has been through a lot throughout pregnancy and childbirth!

Breastfeeding helps your belly (uterus) shrink back to its normal size much quicker.

This also means you could have less bleeding as your body recovers.

Health benefits that last a lifetime

LOWER CANCER RISK

Breastfeeding can lower your risk of getting certain cancers, like breast cancer and ovarian cancer, later in life. It's a powerful way to protect your future health.

LESS CHANCE OF DIABETES

Breastfeeding can also help reduce your risk of type 2 diabetes. This is especially true if you had gestational diabetes during pregnancy.



Burn an extra 400 - 600 calories a day

Your body uses a lot of energy making milk for your baby! You can burn an extra 400-600 calories a day, which is equal to:

- Running for 45 minutes
- Spinning/Cycling for 60 minutes
- Jumping rope for 40-60 minutes
- Elliptical training for 60-90 minutes

...all from your couch!