

'Life doesn't have to stop just because I breastfeed'



Breastfeeding helps protect your baby against infections, diabetes, eczema and tummy upsets. It also reduces your chances of getting breast or ovarian cancer. If you express your milk before leaving home, you or someone else can feed your baby anywhere, anytime and with no hassle.

Breastfeeding – what could be more natural?

Find out more from your midwife or health visitor, or at www.breastfeeding.nhs.uk