

QUESTION OF THE WEEK

Q: What are the benefits to breast-feeding?



Jessica Schumaker
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Breast-feeding is a wonderful gift a mother can give her child. Research continues to support the benefits of breast-feeding, including the increased bond between mother and child and fewer infections and allergies.

To promote successful breast-feeding, feed baby on demand at the breast as much as possible. Avoid artificial nipples and pacifiers for the first two to four weeks until breast-feeding is well established. Mostly, enjoy the wonderful connection between you and your baby!

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