

Benefits of Breastfeeding

Tiny Tots has created a new breastfeeding area in our conference room. We received a small grant from the Dakota County Public Health Department and we were able to buy a glider rocker, a CD player, lullaby CDs, and posters. Mothers can reserve the room, just stop in the office.

Here are some reason why mothers should breastfeed:

1. It provides nutrition for the baby.
2. It boosts the immune system.
3. It makes moms healthier.
4. It boosts brain development.
5. It's soothing to the baby.
6. It's calming for moms.
7. It's convenient.
8. It's cost effective.

Resources:

Breastfeeding Tips by parents.com

