



# Breastfeeding

A loving choice to help  
your baby grow!

## Babies Who Breastfeed\*

- Have fewer infections and illnesses
- Have a lower risk of Sudden Infant Death Syndrome
- Have better brain development
- Are less likely to be overweight
- Are less likely to have diabetes or cancers when older

\*Compared to formula-fed infants.

WEST VIRGINIA

**WIC**

Helps You Help Your Family

