

# Breastfeeding or formula-feeding?

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**How will you feed your baby?**

**What have you heard about breastfeeding?**

**What have you heard about formula-feeding?**

**How do other people want you to feed your baby?**

Formula is good for babies. Breastmilk is better. You can love your baby and do a good job with either breastfeeding or formula-feeding. Babies grow up to be thin, fat or in-between either way.

Learn about breastfeeding. Talk with someone who has been able to breastfeed. Give yourself time to decide. You may decide you want to breastfeed, or you may not.

**Here's how to make up your mind:**

- Breastfeed if you feel good about it. Don't let anybody else make you.
- If you can take it or leave it, take it! It is that important!
- Try breastfeeding at first to help you decide
- If you like it, or if it is just okay, breastfeed.
- If you don't like it, don't breastfeed and don't feel bad about it. You have to be comfortable with the way you feed your baby to do a good job with it.

**Why is breastmilk better?**

- Breastfeeding helps you pay close attention to how your baby wants to be fed.
- Breastmilk protects your baby from allergies and disease.
- Breastmilk is always safe and ready.
- Breastfeeding costs less than formula-feeding.
- Breastfeeding helps you get your figure back.

Breastfeeding takes some learning. So does formula-feeding. Ask your health worker to teach you.

