



# Breastfeeding

## Good for baby, good for mum

Helps protect babies against:

asthma, eczema,  
ear and stomach  
infections,  
childhood diabetes

For mums helps reduce  
the risk of:

breast cancer,  
ovarian cancer



**Health**  
Promotion  
Agency



**breastfeeding**

GOOD FOR BABY, GOOD FOR MUM.

**Breastfeeding mums need your support –  
because every baby deserves the best.**

Produced by the Health Promotion Agency for Northern Ireland. Tel: 028 9031 1611 (voice/minicom). [www.breastfedbabies.org](http://www.breastfedbabies.org)