



Dear Mommy,

Thank you for giving me life's best beginning. I know you are tired and overwhelmed with this parenting thing, but thank you for choosing to breast feed me. I know it might seem easier right now to give me a bottle of formula, especially when Grandma reminds you that you drank formula and you turned out just fine. Let me try to explain why I'm so happy with this yummy breastfeeding thing.

I love the close time we have together when you nurse me. It feels so good when you or daddy hold me against your skin. It even has a positive effect on my heart rate, respiratory rate and blood pressure. When you look at me it stimulates and reassures me and we are forming a close bond. You know, there is really nowhere I'd rather be than in your arms, hearing your sweet voice and your soft breath on my head.

Thank you for breastfeeding me because feeding me when I need to eat teaches me to eat when I'm hungry and stop when I'm full. You listen to my cues telling you it is time for me to eat instead of putting me on a schedule and encouraging me to "finish the bottle". When I suck, lots of great things happen for both of us. Your body knows to make just the right amount of milk for me. It is all I need to be happy and healthy.

I'm such a smart baby because you are breastfeeding me. By giving me the gift of breast milk, I will likely test better on language and intelligence tests and my IQ may be higher, especially if you breast feed me for at least 6 months. The longer you breastfeed me, the smarter I'll be.

Thank you for giving me protection against infections that could give me problems with my stomach, lungs and ears. I am less likely to spend time in the hospital because you chose to give me the gift of breast milk. Because my immune system is immature, your antibodies help protect me from germs.

Thank you for breastfeeding me because it's good for you too, and I want you to be my mom for a long time! You will be less likely to get some kinds of cancer, have stronger bones and you won't have a period for a while either.

Because you chose to breast feed me, I will receive safe, convenient food and you will have more time to play with me because breast milk is always ready. Your milk is the perfect food at the perfect temperature in the perfect dispenser and it was meant just for me. We can have money for other important things because you saved by not spending money on formula.



Mommy, I know you were worried about your body changing while you carried me. Thank you for breastfeeding me because it will help you get your pre-pregnancy body back more quickly, and I want you to be happy and healthy. You look great to me!

Love, Baby