

Thank You...

for breastfeeding me because it is safe,
convenient and economical.



Thank You...

for breastfeeding because feeding me on
demand has taught me to listen to my body
telling me that I am full.



Thank You...

for breastfeeding me because each time you
nurse me, I can snuggle close and get to
know you. I feel reassured, stimulated and
secure.



Thank You...

for breastfeeding me because it makes me so smart.



Thank You...

for breastfeeding me because I have fewer infections.



Thank You...

for breastfeeding me because it requires energy, which helps you to lose weight.



Thank You...

for breastfeeding me because you are less likely to have breast, cervical and ovarian cancer.



Thank You...

for breastfeeding me because it provides you with protection against bone loss.



Thank You...

for breastfeeding me because it delays your period, which helps you to rebuild your blood with iron so you feel strong again.



Thank You...

for breastfeeding me because it gives me
comfort to know that you have given me the
best possible start in life.

