

A close-up photograph of a woman with dark hair, wearing a white top, breastfeeding her baby. The baby is lying on its side, and the woman is looking down at it with a gentle expression. Her hands are visible, supporting the baby's head. The background is a soft, neutral color.

# 'Breastfeeding – it's a healthy choice for both of us'

Breastmilk is health food for babies. It helps prevent ear and chest infections, tummy upsets, diabetes and eczema. But breastfeeding can also reduce your chances of getting ovarian cancer, breast cancer or weak bones later in life. Don't you both deserve the healthiest chances in life?

**Breastfeeding** – what could be more natural?

Find out more from your midwife or health visitor, or at [www.breastfeeding.nhs.uk](http://www.breastfeeding.nhs.uk)