



‘Why is  
breastfeeding  
best for  
my baby  
and me?’

Breastfeeding helps protect babies against asthma, eczema, diabetes and a range of infections. And it reduces a mother’s chances of getting breast or ovarian cancer. You can ask for support to make sure it works for you and your baby.

**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)