

Breast feeding better for baby, mother

Women - Infant - Children

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Did you know the cost of infant formula on the North Slope for your baby's first year is over \$1,400 dollars?

Did you know that breastfeeding is almost free? It's true you need to eat more foods while breastfeeding, but the cost of these foods is much less than the cost of formula.

Did you know breastfed babies are almost always healthier than bottle-fed babies or that breastfeeding can help you get back into shape quicker and slow the bleeding after birth?

Did you know that breastfeeding provides a special closeness for you and your baby that is hard to get when you bottlefeed?

The WIC Program provides extra foods for pregnant women and breastfeeding women to make sure the baby gets all the nutrition it needs. If you are in a low income situation or have a lot of people to support, the WIC Program may be able to help by supplying the extra calcium, iron, protein, and vitamin-rich foods you

and your baby need.

Questions about breastfeeding, pregnancy, and the WIC Program can be directed to the North Slope Borough WIC Office at 852-5600 or your

own local WIC office.

Also, there is a new product on the market. It is imitation milk. This is not a proper replacement for real milk. It should not be given to infants or children.

