

Breastfeeding Toolkit

Congratulations on the birth of your child! You and your baby's health are very important to us at CDPHP®. Because proper nutrition is essential to the growth and development of your child, we hope you will consider breastfeeding as an option. Breastfeeding can have positive health effects on mothers as well.

CDPHP developed this toolkit to help answer some questions you may have about breastfeeding. The enclosed materials provide an overview of the benefits for your baby, tips on how to breastfeed, and even guidance on how to continue if you have to return to work. Please read the enclosed information and review it with your doctor.

Breastfeeding creates a strong emotional bond with your baby. It is convenient, cost-effective, and has many health benefits for you and your baby.

WHY IT'S GOOD FOR YOUR BABY

- Breast milk contains nutrients your baby needs, is easy to digest, and provides antibodies that help fight off infections.
- Breastfed babies are less likely to get ear infections, colds, and other illnesses.

WHY IT'S GOOD FOR YOU

- Mothers who breastfeed have a decreased risk of breast and ovarian cancer.
- Breastfeeding helps increase calorie burning, allowing you to return to your pre-pregnancy weight more quickly.

The enclosed materials are also available online at www.cdphp.com/membertoolkits.

You can also contact a Health Coach toll free at 1-800-365-4180 if you have any questions or would like more guidance.



A plan for life.