

# NEWSLETTER HEALTHY MOMS, HEALTHY BABIES

Volume 5, Issue 5

July 2013

FIRMAN COMMUNITY SERVICES' CHICAGO FAMILY CASE MANAGEMENT



## The Wonderful Advantages of Breastfeeding

Congratulations on becoming a mom! Now, it's time to bond with your baby. We all know there are some myths about breastfeeding that makes you scared and wonder if breastfeeding is right for you and your baby. To give a better understanding about breastfeeding here are some helpful tips that you should know:

- Breast milk help protects your baby from infections and allergies.
- Breastfed babies have fewer health problems
- Breast milk is free and always ready when your baby wants to eat.
- Breastfeeding can help you recover faster from pregnancy and lose some of the weight that you've gained.
- You can store the breast milk in the refrigerator and or freezer.
- You can purchase or rent breast pumps.

Now, that you have read the tips about breastfeeding. Try it, and see how happy your baby can be. If you want to learn more about breastfeeding talk to your doctor, visit websites or visit a Breastfeeding Lactation Consultant and Breastfeeding Peer.



## Inspirational Quote of the Month

*"Sometimes the strength of motherhood is greater than natural laws."*

-Barbara Kingsolver



### Inside this issue:

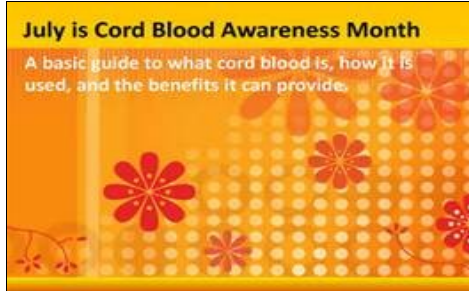
|                                  |   |
|----------------------------------|---|
| The Advantages of Breastfeeding  | 1 |
| Inspirational Quote of the Month | 1 |
| July 2013 Calendar               | 2 |



***"The Children Today, Our World Tomorrow"***

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**July 2013**

| Sunday                                       | Monday                                     | Tuesday | Wednesday | Thursday  | Friday | Saturday |
|--|--|---------|-----------|---|--------|----------|
|  | 1<br><small>National Day of Canada</small> | 2       | 3         | 4<br><small>Independence Day of United States</small> | 5      | 6        |
| 7  | 8  | 9       | 10        | 11  | 12     | 13       |
| 14<br><small>National Day of France</small>  | 15   | 16      | 17        | 18  | 19     | 20       |
| 21<br><small>National Day of Belgium</small> | 22   | 23      | 24        | 25  | 26     | 27       |
| 28   | 29   | 30      | 31        |   |        |          |

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