

# The healthy start your baby deserves is in your hands.



You have the power to help your child through this time of transition.

Supporting breastfeeding and supplying your child with breastmilk will help ease your child's anxiety and keep them healthier during this often stressful time.

**Breastmilk keeps babies healthy. Include breastmilk in your child custody agreement.**

## You have your child's best interest at heart.

Child custody, support, and visitation decisions are based on what is in the best interest for the child. Finding a solution that supports the needs of the child is the judge's first priority. Because breastfeeding is so important, in most cases it would not serve the child's health or well-being to stop or limit breastfeeding in order to accommodate custody requests that would interfere with breastfeeding.

## Breastmilk matters because you want to keep your baby healthy.

The scientific evidence is clear: breastfeeding provides tremendous short and long term health advantages for a child. The longer a child is breastfed, the greater the health protection for both the child and the mother. The American Academy of Family Practice Physicians states, "a child is at increased risk for illness if weaned before the age of two."

## Formula is not a substitute for breastmilk

Human milk cannot be duplicated. Formula, or artificial milk, which is made in a factory and sold in the store cannot compare to breastmilk. Human milk is the gold standard of nutrition for ALL infants/children and is recommended by the American Academy of Pediatrics as the optimal diet. Scientists continue to study and find new components in human milk that improve health. A woman's body makes milk that meets the needs of her child and no two mothers produce identical milk. For example, if a baby is sick, the mother's body creates a special substance that helps fight the germs. Breastmilk is not just food; it also protects the child from disease and infection.