Breastfeeding is the most natural way parents can provide an infant with the vital nutrients they need to grow healthy.

### BENEFITS FOR THE Mother
- Ensures quicker recovery from pregnancy and labor, and weight loss
- Lowers stress levels
- Promotes bonding time with the baby
- Reduces the risks of:
  - Breast & ovarian cancer
  - Postpartum bleeding
  - Postpartum depression
  - Type 2 diabetes mellitus
  - Heart disease
  - High blood pressure

### BENEFITS FOR THE Baby
- Provides nutrients and minerals essential to healthy development
- Easier to digest than formula
- Promotes positive cognitive and physiological development

### DID YOU KNOW?
New York State law requires employers to provide a private, non-bathroom location and reasonable time for employees to express or pump breast milk for their babies. Speak to your human resources representative to learn more.

- Reduces the risks of:
  - Asthma and Allergies
  - Type 2 diabetes
  - Childhood obesity
  - Ear and respiratory infections
  - Sudden infant death syndrome (SIDS)

For resources and programs to help you lead a healthy lifestyle, visit [nyc.gov/workwellnyc](http://nyc.gov/workwellnyc)