



**BREASTFEED FOR SIX MONTHS. HELP REDUCE YOUR CHILD'S RISK FOR RESPIRATORY ILLNESSES.**

Recent studies show you can lower your child's risk for respiratory illnesses and even hospitalizations for illnesses like pneumonia by breastfeeding exclusively for six months. Call 800-994-WOMAN or visit [www.4woman.gov](http://www.4woman.gov) to learn more. Or talk to your healthcare provider.

**Babies were born to be breastfed.**



U.S. Department of Health and Human Services

