

Breast Milk:

A Natural Gift for Your Baby

母乳

給寶寶天然的禮物



Nutrition

Breast milk is natural and has nutrients and antibodies that cannot be replaced by formula.

提供營養

母乳是純天然的，且無法代替的獨特營養來源。



Defense

Breast milk can boost your baby's immune system, and lower the risk for infections and diseases.

增強保護

母乳增強寶寶抵抗力，減少患病及感染的情況。



Emotional Growth

The warmth and comfort you give to your baby through breastfeeding will form a loving bond with your baby.

培養感情

餵母乳時媽媽給予寶寶溫馨舒適的感覺有助彼此之間的親密關係。



Doctors recommend feeding your baby only breast milk for the first 6 months of life and for as long as possible.

醫生建議在寶寶出生的頭6個月只餵母乳，餵母乳的時間越長越好。

Get prepared.

To learn more about breastfeeding from our prenatal care team:
(212) 966-0228 (Manhattan) | (718) 886-1287 (Queens).

See a pediatrician after your delivery.

Make an appointment with us:
(212) 226-3888 (Manhattan) | (718) 886-1222 (Queens)

做好準備

向我們的婦產科醫護人員諮詢母乳餵養的問題：
(212) 966-0228 (曼哈頓) | (718) 886-1287 (皇后區)

分娩後，寶寶需要見兒科醫生

預約請致電：
(212) 226-3888 (曼哈頓) | (718) 886-1222 (皇后區)



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