**FEEDING YOUR NEW BABY**

If you’re an expectant mum you may be wondering whether to breastfeed, and you may have some unanswered questions.

In the UK, more than 73% of mothers start with breastfeeding, and these are some of their reasons:

* Your breast milk is perfectly designed for your baby
* It protects your baby from infections and diseases
* It is available whenever and wherever your baby needs it, and the law protects women from being asked to leave a public space while breastfeeding
* Breastfeeding has surprising health benefits for you (it lowers your risk of breast and ovarian cancer, osteoporosis, cardiovascular disease and obesity)
* It can build a strong emotional bond between you and your baby.

Any amount of breast milk has a positive effect, and the longer you breastfeed the greater the benefits for both of you. The choice is yours, and you may find it helpful to talk with your midwife about your questions and any concerns you may have. The NHS website also provides more detailed information and advice.

*Sent by Drs Virmani and Bedi’s patient participation group.*