



Feeding an infant...how inconvenient!

Some think feeding formula is easier and more convenient. Infant feeding is “inconvenient,” no matter how you feed your baby. Compare the reality of infant feeding.



Formula Feeding

No sleep.

Help at home usually lasts a few weeks. Then you are on your own. People won't be there for you at 2 AM! You will have to wake up, prepare and warm the feeding. Then, you will need to clean the bottle and nipple.

Fussy baby.

Formula can make babies **more fussy** because it's harder on their tummy.

More arms please!

Formula feeding takes two arms. If your toddler needs you or the phone rings during a feeding, you'll have to put the baby down and that may make him cry. **Never prop a bottle.**

12 long months.

You will need to wash bottles, nipples and prepare formula fresh each day for 12 long months. The work is tiring and never ending, just like changing diapers.

Worried that nursing will “spoil” the baby? There is no such thing as a spoiled baby. All babies want and need their mommy! This is true whether you nurse or formula feed.

Nursing

No sleep.

Help at home usually lasts a few weeks. Then you are on your own. Nursing makes nighttime feedings easier. No other equipment required. Mom's milk is “ready-to-feed.” You can even nurse lying down.

Fussy baby.

Nursing makes babies **less fussy** because it's gentle on their tummy. Mom's milk is easy to digest and has a natural calming effect. It's comfort food for your baby!

More arms please!

Mothers always need more arms and it only takes one arm to nurse. You can talk on the phone or chase your toddler without putting the baby down or making him cry.

1 learning month, 11 easier months.

During the first month, learning to nurse and frequent feedings may be tiring. After that, nursing gets easier. Nursing is less work in the long run.

**Is formula feeding really more convenient?
Choose wisely for you and your baby.**



Breastfeeding Awareness and Support Program
Healthy Baby Line
1-800-986-BABY



Pennsylvania WIC Program
1-800-WIC-WINS
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