

Aunt Nan says,
“Breastfeeding will
make your boobs
sag.”



Really, Aunt Nan?

Can you tell which of these mothers breastfed?



We can't.

During pregnancy, hormones prepare the body for birth by causing ligaments to relax—including the ligaments that attach the breasts to the chest wall.



**Whether a woman
breastfeeds or not has
nothing to do with it!**

For more things Aunt Nan says, visit ckphu.com/auntnan

Breastfeeding Support...It's What We Do!

 **Public Health**

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