



Aunt Nan says,
“Formula-fed babies
sleep longer.”

Really, Aunt Nan?

**Breastfed
babies
sleep *better*.**

*Formula is hard for my tummy
to digest—so I may go longer
between feeds, but it can also
give me a tummy ache.*

*Longer stretches
of deep sleep may
increase my risk
for Sudden Infant
Death Syndrome.*



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

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

 **Public Health**

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