

# Breastfeeding

## Baby's 1st Immunization

New babies are at risk for many infections. It is important that they receive all recommended immunizations. Breast milk is not only the perfect food, but it is loaded with infection-fighting substances that help protect babies right from birth. It even makes some immunizations work better. Breastfeeding truly is “Baby’s First Immunization.”

American Academy of Pediatrics

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#### References

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