

# The Sun's Role in BREASTFEEDING

## 1 SOLAR POWER

The Sun is the main energy source for all living things on this planet. It literally gives us power!

## 2 FADE SCARS

Have marks on your breast from baby kneading and pumping for milk? The Sun will even out our skin and help fade the scars.

## 3 ENTICE US OUTSIDE

The Sun is best consumed from outdoors. For an amazing wholistic experience - go outside for some Sun, fresh air, and witness the beauty called Mother Earth.

## 4 NATURAL WARMTH

All breastfeeding moms need a hug and a kiss. The Sun will do just that!

## 5 STAR GAZING

It's best to stare at the Sun when it's rising or setting. Our eyes don't get much exercise staying inside four walls.

## 6 WITNESS A MIRACLE

Every day the Sun lights our sky. While soaking up the Sun - meditate on miracles in your personal life.

## 7 ENCOURAGE EXPLORATION

Our children are born explorers. While the Sun is up - explore new places together with your little one.

