

Advantages of Breastfeeding

For Baby

- Less acute illness because white blood cells in milk enhance immunity
- Breastmilk meets the nutritional and anti-infective requirements of infants
- Breastmilk enhances brain development
- Iron in human milk is absorbed 5 times faster than iron in cow's milk
- Reduced risk of gastroenteritis and diarrhea
- Long-term protection against chronic disease
- Reduced risk of ear infections and respiratory illness
- Reduced risk of allergies and SIDS
- Reduced risk of obesity, diabetes, and childhood cancer
- Breastmilk is easily digested

For Mom

- Reduced risk of osteoporosis, breast cancer, ovarian cancer, type 2 diabetes
- Breastmilk synthesizes from one feed to next to meet baby's changing needs
- Breastfeeding releases oxytocin, to help uterus to shrink back to normal size after birth
- Helps mom lose the weight gained during pregnancy
- Breastfeeding causes lactational amenorrhea (no period, delayed return of fertility)
- Breastfeeding promotes bonding
- Breastmilk is convenient and easy to use

For Family

- Healthier baby, healthier family
- Reduced financial costs (no formula or bottles to buy)
- More sleep for mom, dad, and baby
- Decreased health costs (breastfed babies don't get sick as often as formula fed babies)