

Benefits of Breastfeeding for Baby

Breastfeeding has many health benefits for babies and their mothers. Breast milk is the perfect food for your baby. It has the right amount of fat, protein, sugar, and water your baby needs to grow and develop. It is always available in the right quantity and temperature, no expensive or special preparation is necessary and breastfeeding helps mothers and babies bond.

Your baby's immune system will get the most benefit from your breast milk if you breastfeed only without formula for the first 6 months, then continue to breastfeed after adding age-appropriate baby foods until at least the baby's first birthday. You can keep breastfeeding for as long as both you and your baby choose.

It is better to breastfeed for a short time than not to breastfeed at all. The substances that help fight infection are only found in breast milk, not formula. A lack of breastfeeding increases your baby's risk of illness and disease.

According to many research studies:

- BREASTFED BABIES HAVE...
- Less diarrhea and constipation.
- Fewer colds.
- Fewer ear infections.
- Fewer bladder infections.
- Fewer severe infections.
- Lower risk of getting meningitis (brain infection).
- Lower risk of sudden infant death syndrome (SIDS).

Premature babies have all of the above benefits plus...

- Better eyesight.
- Less chance of premie bowel disease (also known as NEC).

Breastfed babies are healthier children!

BREASTFED BABIES ALSO HAVE...

- Fewer allergies.
- Less asthma.
- Less eczema.

- Better teeth and smiles.

Breastfed babies are healthier adults!

BREASTFED BABIES HAVE...

- Lower risk of getting breast cancer.
- Lower risk of inflammatory bowel diseases.
- Lower risk of developing diabetes and are less likely to be obese.
- Higher IQs according to some studies.

THE LONGER A BABY IS BREASTFED THE MORE BENEFIT HE OR SHE RECEIVES.

Benefits of Breastfeeding for Mothers

Breastfeeding is also important for mother's health. Nursing mothers enjoy a very special relationship with their baby. Mothers feel good about providing breast milk for their baby, something only they can give.

According to many research studies:

MOTHERS WHO BREASTFEED

Have healthier bodies-

- In the first week, breastfeeding helps the womb return to its normal size and protects a woman from losing too much blood after delivery.
- In the first three months, breastfeeding helps a woman rebuild her iron supply and prevents anemia.
- After she stops breastfeeding, a mother who breastfed her baby has stronger bones (less Osteoporosis) and less chance of breaking her hip.
- Lower risk of breast cancer and ovarian cancer

Have healthier minds-

- Less postpartum depression.
- Less anxiety and stress.
- More stable moods.
- A closer bond with their babies.

Save money-

- Breastfeeding saves approximately \$1,500-\$2,000 a year.
- Women who breastfeed miss fewer days of work because their babies are healthier.

Have more time-

- Breastmilk is always ready. There's no measuring, mixing, or warming.

Get their bodies back in shape sooner-

- Breastfeeding helps a nursing mother return to her pre-pregnancy weight, especially noticed in her belly and thighs.