

Breast is Best

Benefits of Breastfeeding

Breastfeeding is a special time between mom and baby and has many benefits for both.



Baby

- ⇒ Breast milk has hormones and the right amount of protein, sugar, fat and most vitamins to help your baby grow and develop.
- ⇒ Breast milk changes as your baby grows so he gets exactly what he needs at the right time
- ⇒ Healthier Babies:
 - * Breast milk has antibodies that help protect your baby from many diseases - less ear infections, decreased risk of lower respiratory illness, asthma, obesity, type 2 diabetes and SIDS
- ⇒ It is easily digested - less constipation, diarrhea or upset stomach
- ⇒ Babies have healthier weights as they grow
- ⇒ Breastfed babies score higher on IQ tests

Mom

- ⇒ Special bonding time
- ⇒ It burns extra calories. This helps you get back to your pre-pregnancy weight more quickly.
- ⇒ Decreased risk of breast and ovarian cancer, osteoporosis, and postpartum depression
- ⇒ The hormone oxytocin, released during breastfeeding, acts to return the uterus to its regular size more quickly and can reduce postpartum bleeding.
- ⇒ Convenient - no need for bottle preparation, heating, sterilizing
- ⇒ Cost less than formula
- ⇒ Decreased trips to the doctors
- ⇒ Families can save over \$1,500 per year if they don't have to buy infant formula and feeding supplies



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