

Benefits of Breastfeeding

Breastfeeding is a natural and healthy way to feed your baby. Your milk has the right amount of nutrients and fats to nourish your baby. It also helps your baby's mind and body grow.

Benefits for baby

- Colostrum, a yellow, watery pre-milk that is produced for the first three to five days after birth, helps your baby's digestive system grow and function. Colostrum is high in protein, so the small amounts that are produced should be all the milk your baby needs in the first few days of life.
- Breast milk has antibodies that help your baby's immune system fight off sickness. Babies who are breastfed have a lower number of colds and viral illnesses in the first year of life compared to babies who are formula fed. Breastfed babies are also at a lower risk for asthma, allergies, vision problems, ear infections, diarrhea, eczema, childhood cancers, Crohn's disease, respiratory illnesses, and colic.
- Breastfed babies often have less gas, fewer feeding problems, and less constipation than babies who are given formula.
- Breastfed babies have a lower risk of SIDS (sudden infant death syndrome).
- Breastfed babies are less likely to have problems with obesity later in life.
- Breastfed babies have higher IQ scores at age 5 than formula fed babies of the same age.
- Breastfed babies have better tooth and jaw development and are less likely to get dental cavities.
- Breastfed babies are less likely to develop heart disease, multiple sclerosis, and breast cancers as adults.

Benefits for mom

- It is convenient, always available, and inexpensive.
- Breastfeeding releases the hormone oxytocin that helps the uterus contract and decreases bleeding after delivery.
- Breastfeeding may decrease a woman's chance of developing osteoporosis, breast cancer, ovarian cancer, or endometrial cancer later in life.
- Breastfeeding help use calories, which aids in losing pregnancy weight.
- Breastfeeding is a wonderful way to bond with you baby.
- Breastfeeding increases a mothers calmness, self-esteem, and confidence.