

WHY SHOULD I BREASTFEED?

BENEFITS FOR YOU

- Saves time because baby's food is always ready and the right temperature
- Reduces risk of some cancers
- Decreases risk for brittle bones, diabetes and anemia
- Helps you lose weight after baby is born
- Makes you feel better

BENEFITS FOR YOUR BABY

- Creates a special bond between mother and infants in the frequent skin contact
- First breast milk helps baby's digestive system grow and work properly
- Easy to digest, human milk is the best nutrition for your growing baby
- Decreases the risk for certain types of infections and illnesses:
 - Ear infections
 - Stomach viruses
 - Diarrhea
 - Respiratory infections
 - Asthma
 - Type 1 and Type 2 diabetes
 - Childhood leukemia
 - Necrotizing enterocolitis (a severe illness that affects the intestinal track in pre-mature infants)
 - Reduces gas and fewer feeding problems
 - Reduces risk for allergies and food sensitivities
 - Helps baby's brain development; studies show higher IQ's
 - Reduces risk for SIDS (Sudden Infant Death Syndrome)
 - Lowers risk for obesity



BENEFITS FOR YOUR FAMILY

- Reduces parents days absent from work because breastfed infants are healthier
- Saves money otherwise spent on formula and feeding supplies
- Reduces family health care costs, including out-of-pocket costs and services covered by insurance
- Improves the effectiveness of immunizations
- Saves money spent on food and medical expenses for baby

BENEFITS FOR OUR ENVIRONMENT

- Protects the environment by decreasing formula waste in landfills
- Eliminates the risk of contamination

RISK OF FORMULA FEEDING

- Incomplete nutrition
- Contamination (risk of recalls)
- More sickness in babies (ear infections)
- More obesity in later life
- Increased risk of SIDS
- More tooth decay (baby bottle rot)
- More waste in landfills

Scan **HERE** to view this on our website.



RECOMMENDED READING ABOUT BREASTFEEDING

Breastfeeding: A Parent's Guide, 10th Edition, 2021, Amy Spangler, Carol Adams Rivera, and Mandy Root-Thompson.

Nursing Mother's Companion, 8th Edition, 2022, Kathleen Huggins

