



## **Benefits of Breastfeeding**

Breastmilk is the recommended first choice of infant feeding method. Many health professionals state that breastmilk provides mothers, infants, child care providers and the community with many benefits.

### **Breastmilk's Benefits to Infant**

- ✓ Best nutrition for infant
- ✓ Safe and fresh milk always available
- ✓ Promotes correct growth of jaws, teeth & speech patterns
- ✓ Promotes an increase in learning ability
- ✓ Improves bonding with mother
- ✓ Decreases risk of diarrhea and other stomach problems
- ✓ Decreases risk of urinary tract infections
- ✓ Decreases risk of ear infections
- ✓ Decreases risk of lung infections
- ✓ Decreases risk of childhood overweight
- ✓ Decreases risk of sudden infant death syndrome (SIDS)
- ✓ Decreases risk of diabetes
- ✓ Decreases risk of leukemia
- ✓ Decreases risk of childhood cancers
- ✓ Decreases risk of allergies
- ✓ Decreases risk of childhood asthma
- ✓ Decreases risk of high cholesterol

### **Breastfeeding's Benefits to Mothers**

- ✓ Reduces risk of blood loss after delivery
- ✓ Uterus returns to pre-pregnancy shape quicker
- ✓ Delays the return of menstrual cycles (not to be used as contraception)
- ✓ Faster return to pre-pregnancy weight
- ✓ Reduces risk of bone fractures
- ✓ Reduces risk of pre-menopausal breast cancer and ovarian cancer
- ✓ Saves money (no need to buy formula)
- ✓ Improves mother and infant bonding
- ✓ Can build mother's confidence

**Breastfeeding's Benefits for Child Care Providers**

- ✓ Infants are sick less often
- ✓ Diapers often have less odor
- ✓ Infants spit up less

**Breastfeeding's Benefits for the Community**

- ✓ Reduces health care costs because infant is sick less often
- ✓ Parents miss work less often because breastfed infants are often sick less often, which is good for businesses
- ✓ Less cans and bottles in the landfills
- ✓ Reduces cost for producing and shipping infant formulas