



Benefits of Breastfeeding

Benefits for Baby

- Enhances bonding with Mom.
- Breast milk is the perfect composition for baby. Breast milk has the nutrients your baby needs for healthy growth and brain development.
- Babies who breastfeed are more likely to have:
 - Increased intellectual development, by up to 8-10 IQ points.
 - Significantly fewer middle ear infections (otitis media)
 - Better vision
 - Fewer allergies
 - A lower risk of Sudden Infant Death Syndrome (SIDS)
 - A lower likelihood of anemia
 - Lower likelihood of insulin-dependent diabetes, immune system disorders, childhood cancer, multiple sclerosis, inflammatory bowel disease, ulcerative colitis.
 - In baby girls, a lower risk of breast cancer as an adult.
- Encourages normal weight gain.
- Meets your baby's sucking needs and contributes to proper facial and jaw development. Babies who breastfeed tend to have fewer orthodontic problems and healthier teeth with fewer cavities.
- Protects against infections: upper respiratory infections, gastrointestinal infections, diarrhea, flu, urinary tract infections, general bacterial infections, meningitis and more.

Benefits for Mom

- Naturally pleasurable and relaxing
- Prolactin promotes motherly feelings.
- Save time and money: Breast milk is always available and is less expensive than using formula.
- After you have a baby, breastfeeding can help your uterus return to its normal size sooner and can delay the return of your menstrual cycle.
- Lose the pregnancy weight! Breastfeeding requires your body to use about 500 more calories a day, which can lead to weight loss, especially if you breastfeed for a longer time.
- It's good for your health, now and later in life. Moms who breastfeed are less likely to have:
 - Postpartum depression
 - Premenopausal breast cancer, uterine cancer, or endometrial cancer
 - Fractures due to osteoporosis
 - It's good for your baby's health – and a healthier baby means a happier mother!

Breastfeeding is good for both Mom and baby. The longer you breastfeed, the greater the benefits! If you have questions or issues with breastfeeding, Boone Family Birthplace's Lactation Consultants are here to help you.