

Breastfeeding Facts

Breastmilk is the best food for infants and small children:

- Reduces the risk of allergic reactions and asthma
- Provides human babies with the most easily digested food
- Promotes healthy growth and development
- Studies indicate a higher I.Q. among breastfed babies
- Protects against cancer and diabetes
- Transmits mother's immunities
- Leads to fewer ear and respiratory infections
- May protect against Sudden Infant Death Syndrome (SIDS)
- Yields health benefits that last a lifetime
- Reduces crying and colic
- Reduces cases of abuse and abandonment
- Allows mom time to cuddle and nurture her baby
- Mother's milk changes throughout throughout the duration of nursing to meet the baby's specific needs at a given time
- Diapers have less offensive odor
- Mother's milk is the safest food for infants in any emergency

Breastfeeding is best for mothers:

- Releases prolactin: the calming, "mothering" hormone
- May delay ovulation and menstruation
- Protects against breast and ovarian cancer
- Helps uterus get back to pre-pregnancy size and shape
- Allows mothers to miss fewer work or school days because baby is sick less often
- Creates a special time for mother-baby bonding
- Less time preparing bottles
- Permits mothers to get more sleep at night (if baby shares the bed)

Breastfeeding is best for families:

- Saves money in formula and health care costs
- Leads to a healthier baby and mother
- Allows mother to spend more time with entire family
- Can offer a special bonding tie for siblings and fathers, too
- Makes for easier traveling
- Makes comforting baby easier—less crying

Breastfeeding is best for the world:

- Uses a natural resource
- Protects the environment: no packaging, no plastics, no waste
- Decreases world hunger and infant deaths
- Yields a healthier work force for the future
- Requires no storage
- Saves tax dollars by decreasing health care costs

Breast is Best!

For help with breastfeeding, call Mom's Place At 1-800-514-6667

