

BENEFITS OF BREASTFEEDING

BENEFITS FOR BABY:

- Breastfeeding is the most complete form of nutrition for infants.
 - Just the right amount of nutrients for growth and development
 - May be easier to digest than formula
- Breastfed infants gain less unnecessary weight
 - May lead to being less overweight in adulthood
- Premature babies react to breast milk feeding better than formula feeding
- Breastfed babies score higher on IQ tests
- Breastfeeding babies are less likely to become ill
 - Protects against ear infections, diarrhea, rashes and allergies
 - Protects against pneumonia, botulism, bronchitis, influenza and serious illnesses
 - Breastfed babies are hospitalized 10 times less than non-breastfed babies in the first year of life
- Mother's contains antibodies that fight whatever disease/infection may be present
 - Antibodies are fed to baby and protect him/her from infection as well
- Sucking helps the infant produce a strong jaw bone and straight healthy teeth
 - Sucking at the breast is more difficult than sucking from a bottle
- Risk of SIDS (Sudden Infant Death Syndrome) dramatically decreases
 - Of every 87 cases of SIDS reported, only 3 are breastfed
- Nursing promotes facial structure development, enhances vision and enhances speech

BENEFITS FOR MOM:

- Breastfeeding burns calories
 - Easier to lose pregnancy weight
 - Uterus goes back to pre-pregnancy size quicker and lessens any bleeding that may occur after birth
- Breastfeeding, especially exclusive breastfeeding, delays the onset of normal menstrual cycles and ovulation
- Breastfeeding may lower the risk of breast and ovarian cancers
 - May also lower the risk of hip fractures and osteoporosis after menopause
- Breastfeeding can make your life easier
 - No formula to mix or bottles to warm

- Is also inexpensive
- Provides immediate satisfaction for your baby when he/she is hungry
- Breastfeeding allows the mother to relax
 - You can even fall asleep while breastfeeding your baby
- Breastfeeding allows for the mother and child to bond
 - Can make the baby feel more secure and comforted
 - Increase confidence in mothers
- Breastfeeding reduces risk of anemia

BENEFITS FOR SOCIETY:

- Breastfeeding helps overall health care costs decrease
 - Fewer sick visits, prescriptions and hospitalizations
- Breastfeeding contributes to a more productive workforce
 - Less absenteeism
 - Lower medical costs to employers
- Breastfeeding also benefits the environment
 - Less trash and plastic waste

“There are 4,000 species of mammals, and they all make different milk. Human milk is made for human infants and it meets all their specific nutrient needs.”

- **Ruth Lawrence, M.D.**, professor of pediatrics and obstetrics at the University of Rochester School of Medicine, and spokeswoman for the American Academy of Pediatrics



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