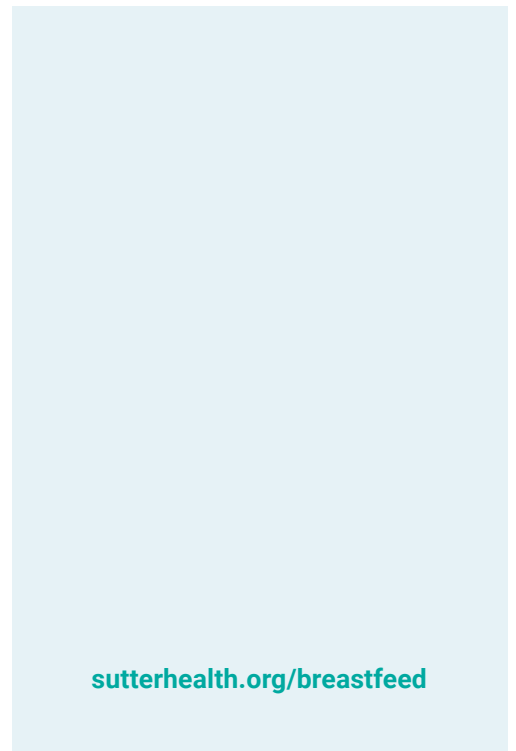


Benefits of Breastfeeding



The longer you breastfeed, the greater the benefits are for you and your baby. Most babies* need only breastmilk for the first six months. The American Academy of Pediatrics recommends breastfeeding for two years or more.

Why is breastfeeding good for your baby?

Breastfeeding provides comfort as well as nutrition.

Breastmilk provides the nutrients your baby needs to be strong, healthy and smart.

Breastmilk:

- Has all the nutrients, calories, and fluid your baby needs to be healthy.
- Promotes growth and development.
- Is easier for your baby to digest.
- Changes as baby grows to give the nutrition they need.
- Does not need to be prepared and is always available.
- Gives your baby more than just nutrition. It lowers your baby's risk of developing ear infections, obesity, diabetes, asthma, colitis, eczema, cancer and sudden infant death syndrome (SIDS).

Why is breastfeeding good for you?

Breastfeeding creates a special bond between you and your baby. It's also good for your health.

Breastfeeding:

- Helps your uterus return to pre-pregnancy size.
- Releases a hormone that helps you and your baby feel calm.
- May help you lose weight.
- Reduces your risk of breast and ovarian cancer, diabetes, high blood pressure and osteoporosis.

Giving formula for other than medical reasons may affect your milk supply, as well as your baby's ability to breastfeed.

Breastmilk is best for your baby's health.

*Meek, J. Y., & Noble, L. (2022). Policy statement: Breastfeeding and the use of human milk. *Pediatrics*, 150(1).