

BENEFITS OF BREASTFEEDING

Breastfeeding is one of the most natural and beneficial activities for mom and baby. There is no other single action by which mom can impact the present and future health of her baby.

BENEFITS FOR BABY

- Breast milk is the most complete form of nutrition after birth and also as your baby matures. A mother's milk has just the right amount of fat, water, sugar, and protein that is needed for a baby's growth and development
- Most babies find it easier to digest breast milk than formula. As a result, breastfed infants grow exactly the way they should. Research shows this may result in being less overweight later in life
- Breastfed babies are less likely to suffer from infectious illnesses and their symptoms
- Breastfed babies score slightly higher on IQ tests

BENEFITS FOR MOTHER AND FATHER

- Breastfeeding mothers have a lower risk of pre-menopausal breast cancer, ovarian cancer and cervical cancer
- Mothers who breastfeed are more likely to return to their pre-pregnancy weight
- Breastfeeding reduces osteoporosis for mother
- Breast milk is free which reduces or eliminates the cost of formula
- Breastfeeding is a very relaxing experience that contributes to feelings of attachment between a mother and her child
- Mothers and fathers benefit by not having to prepare bottles for their infant in the middle of the night
- Parents appreciate the impact on the family budget of lower healthcare cost and fewer sick days

BENEFITS FOR THE COMMUNITY AND ENVIRONMENT

- Reduces tax burdens on communities and government to ensure children are properly fed
- Reduces global pollution by decreasing the use of resources and energy required to produce and distribute materials

BENEFITS FOR EMPLOYERS

- Reduces cost of healthcare by promoting healthier moms and babies
- Reduces insurance premiums for both parents and employers
- Reduces absenteeism in the workplace due to children's illness