

## Benefits of Breastfeeding

### Breastfeeding saves time

- Breastfeeding allows you to feed or calm your baby immediately, which leads to a happier baby who cries less.
- There is nothing to prepare, buy or clean. No shopping for formula, measuring, mixing, warming or sterilizing. No time washing bottles and other feeding equipment.

### Breastfeeding builds mom's self-confidence

### Breastfeeding saves money

- Breastfeeding moms have no formula costs and fewer doctor bills.

### Breastfed babies and their mothers are healthier throughout life

- Breastfed babies get sick less often. When baby does get sick, the illness is usually less severe and shorter than it would have been if baby was not breastfed.
- Breastfed babies have fewer ear infections.
- Breastfed babies have fewer allergies.
- Mothers who breastfeed have a lower risk of breast cancer, brittle bone disease (osteoporosis), anemia, and more.
- Breastfeeding moms cancel fewer social events and miss less work/school due to a sick baby.

### Breastfed babies have better dental health

- Breastfeeding promotes better jaw development, resulting in less orthodontic work.
- Breastfed babies are less likely to get cavities. Breastfed babies can nurse to sleep at night without mom worrying about cavities from baby-bottle tooth decay.

### Breastfeeding allows baby to reach his/her full IQ potential

- The longer your baby is breastfed, the better his/her IQ and grades in school.

### Breastfeeding helps mom rest and relax

- Breastfeeding hormones help mom to feel relaxed and peaceful.
- Breastfeeding can be a relaxing break, and help a postpartum mom get enough rest.
- Breastfeeding allows mom to feed baby quicker so everyone can go back to sleep.
- Mom can nurse and sleep at the same time (with a little practice).

### Breastfeeding promotes bonding

- Breastfeeding promotes closeness of mother and child, and helps mom learn baby's cues quicker.

### Breastfeeding makes cleanup easier and more pleasant

- The diapers and spit up of breastfed babies don't smell bad.
- A breastfed baby's spit-up doesn't stain clothing.

### Going out is easier with breastfed babies

- Breastfeeding moms can travel light. It takes less time to pack the diaper bag - all you need is a diaper and wipes, and perhaps a change of clothes for baby.
- A breastfeeding mom can go places on the spur of the moment, or stay out longer than planned without worrying about what baby will eat.
- A breastfeeding mom has no need to find a place to heat a bottle or a safe water source.

### Breastfeeding helps mom get her body back

- Many moms have an easier time losing weight even without restricting calories. Research shows that exclusively breastfeeding mothers tend to have a greater loss of weight, body fat percentage, and hip and upper thigh circumference.
- Breastfeeding helps the uterus return to its regular size more quickly, so mom can get her tummy back into shape quicker.

### Breastfeeding gives mom a free hand

- With a little practice (once breastfeeding is going well), mom can breastfeed and eat at the same time, breastfeed and talk on the phone at the same time, etc. Mom can also breastfeed while shopping, caring for other children or reading.

### Breastfeeding helps to space babies

- Breastfeeding usually delays mom's period for many months.
- If baby is getting only breastmilk and mom's period hasn't returned, breastfeeding is 98-99.5% effective in preventing pregnancy during the first 6 months – with typical use, that's more effective than any other form of birth control out there except an IUD or abstinence.

### Breastfeeding is environmentally friendly

- Breastfeeding produces no waste, no packaging, and no pollution.

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