

Benefits of Breastfeeding



According to Maternal & Child Health Services of Chautauqua Opportunities, Inc., breastfeeding offers many advantages over bottle-feeding and formula diets.

Health benefits to moms who breastfeed:

- Reduced bleeding after delivery
- Reduced risk of breast & ovarian cancer
- Reduced risk of anemia
- Protection against osteoporosis & hip fracture later in life
- Weight loss after delivery is easier
- Fertility is delayed and subsequent pregnancies are deferred
- A special emotional relationship is developed with her child
- Reduced medical expenses and lost work time for parents due to a healthier child
- Decreased mortality of rheumatoid arthritis has been associated with total time of lactation

Health benefits to babies who breastfeed might include:

- A more complete and optimal mix of nutrients and antibodies
- A balanced diet that paces the babies growth
- Protection against diarrhea, gastroenteritis and other stomach upsets
- Reduced risk of diabetes
- Protection against ear infections, respiratory illness and tooth decay
- Reduced risk of SIDS (Sudden infant death syndrome)
- Protection against meningitis, childhood lymphoma, Crohn's disease and ulcerative enterocolitis
- Reduced incidence and severity of allergic disease
- A special emotional relationship is developed with mom
- Higher IQs and better brain and nervous system development
- Lowers risk of heart disease later in life
- Increased bone density

Benefits to the environment & society:

- Healthier moms and babies reduces healthcare costs
- Breastfeeding reduces global pollution and resource consumption by lowering processing, packaging and distribution expenses of formulas and artificial milk
- Breastfeeding reduces absenteeism and raises productivity
- Breast milk is free

The information provided at this site is intended only as a complement to the advice and treatment of your health care professionals.