Infant Feeding – Breastfeeding

Thinking about breastfeeding?

There is a lot to think about when making your decision about breast/chest feeding your new baby. In the end you must make the choice that you think will be the best for you and your family.

**Benefits for the breastfeeding parent include:**

* Decreases bleeding after birth
* Your uterus goes back to normal sooner
* May help with weight loss
* Encourages closer bonding with baby
* Always ready to use and the perfect temperature
* Makes traveling easier – nothing to cart around with you.
* May help reduce the risk of breast cancer
* Helps reduce the risk of osteoporosis
* Saves money that would be spent on formula

**Benefits for baby include:**

* Perfect nutrition for your baby
* Easier to digest
* Breastmilk ingredients change as your baby gets older so they grow and develop well
* May reduce the risk of SIDS (Sudden Infant Death Syndrome)
* Promotes proper development of the jaw and facial muscles
* Protects baby from many infections and illnesses (antibodies in breastmilk)
* May provide protection against childhood obesity and related diseases
* Prevents constipation
* Protects baby from developing ear infections

**How long will you Breastfeed for?**

The World Health Organization recommends breastfeeding exclusively for the first six months of baby’s life, then starting first foods and continued breastfeeding for another two years.

Ultimately though, you get to decide the length of time that works best for you and your baby and family.



