



Breastfeeding Facts

Breastfeeding Basics for the Infant:

1. Breastfeeding promotes bonding with the mother.
2. Breastfeeding is soothing for the infant.
3. Breastfeeding decreases the risk for a large number of health problems.
4. Breastfeeding is good for infants' brain development.
5. Breast milk is easily digested.
6. Breastfeeding helps jaws and teeth develop properly.
7. Breastfeeding decreases a girl's risk of developing breast cancer.
8. Breast milk is designed specifically for infant humans.
9. Breast milk is less likely to cause allergic reactions.

Breastfeeding Basics for the Mother:

1. Breastfeeding promotes bonding with the infant.
2. Breastfeeding promotes a quicker return to pre-pregnant weight.
3. Breastfeeding promotes less bleeding after the birth.
4. Breastfeeding is convenient.
5. Mothers who breastfeed have a reduced risk of ovarian cancer and premenopausal breast cancer.
6. Parents miss work less often to care for a sick infant.
7. Breastfed infants produce nicer bowel movements to change.
8. Breast milk can be pumped, bottled, and frozen for later use.

Breastfeeding can make it more challenging for other family members to help with feeding. However, the mother can pump breast milk and use bottles in order for other family members to participate. While breastfeeding, the mother should continue to avoid eating or drinking anything harmful that could pass through her milk to the infant, such as alcohol, drugs, and certain foods.