

The Benefits of Breastfeeding

There are many benefits to breastfeeding or feeding your baby expressed (pumped) breastmilk that make it a healthy choice. Here are our top 5 benefits to breastfeeding for you to know.

1. Breastfed infants are healthier.

- Breastfeeding reduces the number and severity of many types of infections, including pneumonia and meningitis in infants.
- Breastfed infants are less likely to have ear infections in the first year if they are exclusively breastfed for at least four months.
- Breastfeeding protects infants against many illnesses such as diarrhea and infant botulism.
- Exclusive breastfeeding for at least two months may protect at-risk children from both type 1 and type 2 diabetes in childhood and adulthood.
- Breastfed infants have less risk of becoming overweight or obese, even as adults.

2. Human milk is for human babies.

- Breastmilk is made of cells, hormones, and antibodies for human babies and changes every day to meet your baby's changing needs.
- Human milk is easy to digest and has more than 200 components that babies need in the early months of life.

3. Breastfeeding keeps women healthier throughout their lives.

- Breastfeeding lowers the risk of breast, ovarian, and uterine cancers.
- Exclusive breastfeeding for the first six months can help women who do not use birth control to spread out their pregnancies (the Lactation Amenorrhea Method).
- Breastfeeding may reduce the risk of osteoporosis.



4. Breastfeeding saves lives.

- Breastfed infants are at less risk of sudden infant death syndrome (SIDS).
- Human milk protects premature infants from life-threatening digestive diseases.
- Breastfed babies have a lower risk of dying before their first birthday.

5. Breastfeeding helps mothers recover from childbirth.

- Breastfeeding helps reduce the amount of blood lost after delivery and helps the uterus shrink back to its usual size.
- Mothers who breastfeed for at least three months may lose more weight than mothers who do not breastfeed.
- Breastfeeding mothers get more and better sleep at night.
- Breastfeeding mothers have lower levels of stress hormones. This could improve mom's mood and reduce the risk of depression.



24-Hour Breastfeeding Hotline
1-800-833-4642

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