



The Benefits of Breastfeeding

Because of the extraordinary benefits of breastfeeding, every major national and international group has encouraged mothers to breastfeed. No group has put a limit on the duration of breastfeeding — longer is better. The World Health Organization and Canadian Pediatric Association recommend a minimum of two years.

Benefits to Baby

The benefits for the baby are a significantly decreased risk of:

- Infections - ear infections, pneumonia, diarrhea, bladder infections, appendicitis, meningitis, botulism, necrotizing enterocolitis, and bacterial blood infections
- Allergic diseases - asthma eczema allergies
- Metabolic Diseases - long-term obesity, hypertension, high cholesterol heart disease in adult years
- Gastrointestinal Disease - Crohn's disease, ulcerative colitis, celiac disease, constipation
- Miscellaneous - childhood cancer, crying, oral malocclusion, sudden infant death syndrome, diabetes, multiple sclerosis

Numerous studies have also shown a significant improvement in brain development (numerous types of IQ testing, developmental milestones, level of education children attain, visual development) when babies are breastfed.

Benefits to Mothers

Mothers who breastfeed also benefit with:

Cancer – reduce breast cancer and ovarian cancer

Metabolic – reduced risk of osteoporosis and obesity

Miscellaneous - babies who travel more easily less stress; nursing children are healthier saving about \$200.00 per month in intangible costs; delayed return of menstrual period

The more breast milk babies get, the healthier they are. Introduction of even a small amount of formula decreases these benefits and can trigger significant allergic diseases.