

Queen Square Family Health Team

BENEFITS OF BREASTFEEDING FOR BABY

How does breastfeeding and breastmilk protect my baby?

- Breastfed babies are :
 - * Less likely to get diarrhea
 - * Less likely to be hospitalized for pneumonia
 - * Less likely to develop asthma and some cancers
 - * At a lower risk of developing infections such as ear, stomach and intestinal infections
 - * Less likely to die from sudden infant death syndrome (SIDS)
- Breastfed babies are less likely to develop obesity as well as type 1 and type 2 diabetes as adults

Breastfeeding is important because it:

- Helps your child to develop good oral motor skills, facial muscles and teeth alignment
- Aids in your child's overall growth and development
- Supports the growth of a strong bond between you and your baby
- Is comforting for your child and is relaxing for mom
- Can help your child develop a better sense of trust and security
- Is always ready at the right time and temperature, is environmentally friendly, convenient and free!



This document has been prepared with funds provided by the Government of Ontario and the support of the Best Start Resource Centre at Health Nexus.

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BENEFITS OF BREASTFEEDING FOR MOM AND FAMILY

How does breastfeeding protect mom?

- Health benefits for mom are greater the longer she breastfeeds
- Breastfeeding reduces risk factors for 3 diseases: female cancers (breast, ovarian and uterine), heart disease, and osteoporosis without any significant health risks.

Breastfeeding Is Important because it:

- Helps the uterus return to its normal size and controls bleeding after delivery
- Reduces levels of stress as a result of hormones such as oxytocin that are released
- Can help with weight loss after pregnancy if continued for at least 6 months
- Can help prevent pregnancy and delay menstruation in the first 6 months if certain conditions are met

How does breastfeeding benefit my family?

- By reducing feeding costs: infant formula and associated supplies are estimated to cost at least \$1000 during the first 12 months
- Reduces costs related to healthcare, including doctor's visits, prescription costs and lost time from work. Infants who are breastfed are less likely to become ill and less likely to be hospitalized.

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