



Breast Feeding

Benefits for Mom

- Promotes faster weight loss after birth. Breastfeeding burns about 500 extra calories a day to build and maintain a milk supply
- Stimulates the uterus to contract and return to normal size
- Less postpartum bleeding
- Fewer urinary tract infections
- Less chance of anemia
- Breastfeeding produces the naturally soothing hormones of oxytocin and prolactin which causes increased calmness, self-esteem and confidence
- Breastfeeding may:
 - o Lower the risk of breast, ovarian and uterine cancers
 - o Lessen osteoporosis and the resulting risk of bone fractures with age

Benefits for Your Baby

- Stronger immune system
- Less diarrhea and constipation
- Fewer colds and ear infections
- Better vision
- Lower rates of infant mortality
- Possibly lower rates of Sudden Infant Death Syndrome (SIDS)
- Less illness and hospitalizations
- Less allergy, eczema and asthma
- Fewer childhood cancers
- Lower risk of juvenile onset diabetes
- Less Crohn's disease, and other chronic and acute diseases
- Lower rates of respiratory illness
- Healthier jaw and tooth development
- Fewer cavities
- Less likely to become obese later in childhood
- Less likely to develop juvenile rheumatoid arthritis
- Less likely to develop heart disease in adulthood
- Lower risk of multiple sclerosis
- Parents who breastfeed have up to 6 times less absenteeism at work
- A clinical study showed that infants breastfed exclusively for the first 6 months of life test 11 IQ points higher than formula-fed babies.

Breast Milk is Best for Babies because it:

- Contains nutritional components that are natural tranquilizers for babies
- Is always clean and at the right temperature
- Produces bowel movements with a less offensive odor

**Questions about breast feeding? Call Nancie Bringer, RN, Certified Lactation Counselor at
(208)587-8401 x 188**