

## BREASTFEEDING FACT SHEET

The number of benefits to both mother and child resulting from breastfeeding is staggering. Although most people would generally agree that breastfeeding is good for the baby, the following summary of the impact it has on mothers, babies and society will, undoubtedly, come as quite a surprise to many people:

### Health Benefits to Moms Who Breastfeed

Reduced risk of Breast & Ovarian cancers

Reduced risk of Anemia

Protection against Osteoporosis & Hip fracture later in life

Helps return mothers body to its pre-pregnancy state faster

Helps delay return of fertility and to space subsequent pregnancies

Develops a special emotional relationship and bonding with her child

Breastmilk is free – reducing or eliminating the cost of formula

Breastfed babies are sick less, thus reducing healthcare costs to family and requiring less time off work

Decreased mortality of Rheumatoid Arthritis (RA) has been associated with total time of lactation

### Health Benefits to Babies Who Breastfed

Human milk provides children with the most complete and optimal mix of nutrients

Breastmilk has a varying composition, which keeps pace with the infant's growth & changing nutritional needs

Protects against diarrhea, gastroenteritis and other stomach upsets

Reduced risk of diabetes

Protection against ear infections and respiratory illnesses

Reduced risk of SIDS (Sudden Infant Death Syndrome)

Protects against meningitis, childhood lymphoma, Chron's Disease and Ulcerative Enterocolitis

Reduced incidence and severity of allergic disease

Babies enjoy a special warm bonding & emotional relationship with mothers

Breastfeeding plays an important role in the emotional development of babies

Babies develop higher IQs, better brain and nervous system development

Increased bone density

### Benefits to the Environment & Society

Breastfeeding reduces the cost of healthcare by promoting healthier children and mothers

Breastfeeding reduces global pollution by reducing the use of resources and energy required to produce, process, package, distribute, promote, and dispose of material created by artificial baby milk

Reduces tax burden on communities and government to ensure children are properly fed

Reduced absenteeism in the workplace due to children's illnesses

