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 Entercolitis
- Reduced incidence and severity of allergic disease
- Babies enjoy a special warm bonding & emotional relationship with mothers

**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