

## What Every Woman Should Know About Breastfeeding

**B**reast is best. Human milk is nutritionally complete for human babies. All your baby needs to grow and develop is breastmilk for the first 6 months of life. Also, the American Academy of Pediatrics and the World Health Organization recommend continued breastfeeding, in addition to solids, at least through the end of the first year.

**R**eductions in the amount of illnesses such as diarrhea, ear infections, breathing problems, blood poisoning, food poisoning, allergies, urinary infections, and meningitis can occur because your milk contains substances designed to protect your baby. Your body will create protections for your baby to any illness you are exposed to. It is beneficial to your baby to breastfeed through your illnesses.

**E**xclusively breastfeeding your baby for at least 2 months can decrease the risk of your baby developing Type I diabetes and childhood obesity, also decreasing the risk of type 2 diabetes. Women who had gestational diabetes can slow the development of type 2 diabetes in themselves by breastfeeding.

**A**t the breast, baby's jaw development is ideal: leading to lower risk of speech and orthodontic corrections. And, your milk has substances and live cells not found in formula that improve baby's IQ, vision, digestion, and bone health. Sudden Infant Death Syndrome (SIDS) does not happen as often when you breastfeed as it does when babies are formula fed.

**S**aves. Breastfeeding saves the environment, as it produces no waste; there is no factory, no transportation, and no packaging to produce or discard. Breastfeeding saves money for employers, as it decreases the number of days off parents need to spend with sick babies. Most employers are required to provide a non-bathroom, private space to pump, and allow time to do so.

**T**here are savings for the family also. For women who work and continue to breastfeed, less illness may save mom from missing paid days of work. The cost of a breast pump should be covered by insurance, and the expense of bottles and supplies for storage is much less than purchasing formula. Also, less illness means less cost from doctor's appointments and medications for the baby.

**F**ormula fed babies do not receive the benefits on this list. Formula can be contaminated or harmful to baby if mixed incorrectly. Supplementing with formula can decrease your breast milk supply. If formula supplementation is medically necessary, you should contact a Lactation Consultant for support. WSNM Lactation Line: 505.843.6168 x 7859

**E**ven chronic stomach problems like ulcerative colitis and Crohn's disease can be decreased when you breastfeed. Colostrum coats the intestines in the days after birth and makes a lifelong difference in the lining of the intestines.

**E**specially premature babies benefit from human milk because they absorb it better than formula and it has the special nutrients a premature baby needs to grow and develop. Babies in the Neonatal ICU, who receive breastmilk have a lower incidence of necrotizing enterocolitis (NEC).

**D**evastating diseases such as breast and ovarian cancer and bone mass loss after the change of life can be reduced in women who have breastfed their babies.

**TRY BREASTFEEDING – IT'S THE BEST AFFORDABLE HEALTH INSURANCE AVAILABLE TO YOU AND YOUR BABY!**