

Breastfeeding

Good for Babies and Moms

Why is it important to breastfeed babies?

Breast milk has everything babies need for the first six months of their life.



Why is breast milk good for babies?

- Easy to digest—prevents constipation and diarrhea
- Rich in nutrients and antibodies to help prevent illness and disease like asthma, allergies, rashes, diabetes, obesity, ear and stomach aches, colds, risk of sudden infant death syndrome (SIDS), etc.
- Contains just the right amount of fat, sugar, water, and protein to help babies grow
- Always fresh, clean, and warm
- Promotes better vision, development of brain cells, better teeth
- Reduces speech problems

Why is breastfeeding good for moms?

- Helps lower the risk of diabetes, brittle bones (osteoporosis), depression, blood loss after birth, and breast and ovarian cancers
- Gives mom and baby time to know each other and bond
- Makes night time feeding faster, is easy to do anywhere
- Burns calories and may help in losing weight
- Saves money spent on buying formula, bottles, and liners
- Limits number of sick doctor visits and time missed from work or school

For more information go to: www.womenshealth.gov/breastfeeding/why-breastfeeding-is-important/

HealthWhys
A public health message from

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