

Breastfeeding: Good for Babies and Mothers

Why is it important to breastfeed babies?

Breastmilk has everything that babies need for the first six months of their life.

Why is breast milk good for babies?

- 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.
- Easy to digest – prevents constipation and diarrhea
- Contains just the right amount of fat, sugar, water, and protein to help infants grow
- Readily available, convenient, and ready-to-eat
- Promotes better vision, development of brain cells, and better teeth
- Reduces speech problems



Why is breastfeeding good for mothers?

- 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 bond and get to know each other
- Makes night time feeding faster and 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



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