

# 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](http://www.womenshealth.gov/breastfeeding)



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