

Thinking About Breastfeeding?

Breastmilk Is Best For Babies

Your milk contains nutrients and antibodies that help protect your baby from:

- Infections
- Diabetes
- Ear Infections
- Asthma
- Obesity
- SIDS
- Respiratory Infections

Breastfeeding Helps Your Baby Grow

- Your breastmilk changes as your baby grows to meet his needs.
- No formula can compare to breast milk. Some things in breastmilk haven't even been discovered yet.
- Breastmilk has the right amounts of what your baby needs to grow.
- Breastmilk promotes brain growth.
- Breastmilk is easy to digest.
- Antibodies in breastmilk help to boost your baby's immune system.
- Promotes good jaw and tooth development.
- Your baby is less likely to be overfed.
- Less constipation or diarrhea.

Breastfeeding Helps Mom

- Burn calories to help lose weight after pregnancy.
- Reduce risk of breast and ovarian cancer.
- Develop a strong mother-baby bond that lasts past breastfeeding
- Connect with baby even when separated by work, school or hospital.
- Rest and bond with baby while other people help with household duties.
- Save time and is always ready.
- Lower risk of Type 2 diabetes.
- Lower risk of Postpartum Depression.
- Miss less work days because of sick infant.

Breastfeeding Is Convenient

- Ready to feed, no mixing required and no bottles to prepare or wash.
- Nighttime feedings easier.
- Breastmilk is free.
- Breastmilk has never been recalled.
- Easy in an emergency or power failure. Breastmilk is readily available without needing other supplies.
- Saves time and money.

Breastfeeding Helps Society

- Reduces costs of health care.
- Reduction in sick time taken for children's illnesses.
- Breastmilk is a natural resource and creates no pollution.

The American Academy of Pediatrics recommends that babies receive only breastmilk for about the first 6 months of life and continue to receive breastmilk with other foods until at least 1 year of age. Breastfeeding can continue for as long thereafter as both mother and baby wish. The longer you breastfeed the more protection provided to your baby.



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