

Breastfeeding is best for you and your baby  
**Find out why.....**

# 10 Great Reasons To Breastfeed



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Today, most mothers are choosing to breastfeed their babies. As more Alabama families understand just how much of a difference breastfeeding makes to the health of both the mother and her baby, more families are supporting mothers to breastfeed longer.

**Here are 10 Great Reasons to Breastfeed your Baby:**

**1. Breast milk is the best food to help baby grow and develop**

- It is custom made by each mother for her own baby
- It contains the perfect amount of nutrients
- It contains valuable antibodies that help prevent disease/illness/allergies
- Colostrum, “first milk”, helps prevent the growth of harmful bacteria by coating baby’s digestive system

**2. Brain Power**

- There is strong evidence that children who are breastfed score higher on IQ tests

**3. Convenient and Portable**

- Breast milk is always fresh and the exact right temperature
- It is ready for baby at a moment’s notice
- It makes night time feedings easier because there is no mixing, warming, or bottle washing

**4. Size Does Not Matter**

- The size of breasts do not matter; most women are able to produce milk for their infant
- Hormones begin to activate around 24 weeks to allow breast milk for baby
- The more baby breastfeeds – the more hormones produced – the more milk mom produces

**5. Mothers Benefit Too**

- Research shows breastfeeding provides a measure of protection against breast cancer, ovarian cancer, and weak/thin bones later in life
- Breastfeeding burns calories which aid in weight loss after pregnancy
- Exclusive breastfeeding may delay the return of menstruation

**6. Bonding**

- The closeness and comfort of breastfeeding strengthens the bond with baby
- Security, love, and support promote healthier and more satisfied infants

**7. Ongoing Benefits**

- Research shows that breast milk is so important that it is the ONLY food or drink your baby needs for the first six months of life
- Breastfeeding can continue even with the addition of age appropriate foods for baby after six months of age
- Many women continue to breastfeed until their baby turns two – any amount of breast milk is good for baby

**8. Working Mothers**

- Your baby can have all the benefits of breast milk even if you plan to return back to work or school
- Mothers can express milk by hand or with a breast pump and give to the caregiver for feeding baby
- Breast milk can be frozen for future use

**9. Good for the Environment**

- Breast milk does not require any packaging, pollution, or waste

**10. Easy on the Budget**

- Breastfeeding saves money

For more information about breastfeeding visit: [\*\*adph.org/perinatal\*\*](http://adph.org/perinatal)