

Breastfeeding: Better for Mom

Healthier physically...

- Promotes faster weight loss after birth – burns about 500 extra calories a day to build and maintain a milk supply
- Stimulates uterus to contract and return to normal size
- Less postpartum bleeding
- Fewer urinary tract infections
- Less chance of anemia

and emotionally...

- Breastfeeding produces the naturally soothing hormones oxytocin and prolactin
- Increased calmness, self-esteem, and confidence

Fit for Life. Breastfeeding may...

- Lower the risk of breast cancer
- Lower the risk of ovarian cancer
- Lower the risk of uterine cancer
- Lessen osteoporosis and resulting risk of hip fractures with age

Breastfeeding: Better for Baby

Healthier from the start. Breastfed babies have...

- Stronger immune systems
- Less diarrhea
- Less constipation
- Fewer colds and ear infections
- Better vision
- Lower rates of infant mortality
- Possibly lower rates of Sudden Infant Death Syndrome (SIDS)
- Less illness overall and less hospitalization
- Parents who have up to 6 times less absenteeism at work

Breast milk is best for babies because it...

- Contains nutritional components that are natural tranquilizers for babies
- Is always clean and at the right temperature
- Produces bowel movements with a less offensive, buttermilk-like odor

Fit for Life. Breastfeeding improves IQ...

A clinical study shows infants breastfed exclusively for the first 6 months of life test 11 IQ points higher than formula babies.

Breastfed babies may become healthier children...

- Less allergy, eczema and asthma
- Fewer childhood cancers
- Lower risk of juvenile onset diabetes
- Less Crohn's disease, and other chronic and acute diseases
- Lower rates of respiratory illness
- Healthier jaw and tooth development
- Fewer cavities
- Less likely to become obese later in childhood

...teens and adults

- Less likely to develop juvenile rheumatoid arthritis
- Less likely to develop heart disease in adulthood
- Lower risk of multiple sclerosis
- Lower rates of pre- and postmenopausal breast cancers

Sources: Sears, Martha, RN, and William Sears, MD, The BreastfeedingBook. Boston: Little, Brown and Company, 2000. American Academy of Pediatrics, "Breastfeeding and the Use of Human Milk," Pediatrics, Vol. 100, No. 6, Dec. 1997, "Undersize Infants Score Higher on IQ Tests if Breastfed Exclusively," National Institutes of Health, March 20, 2002, available at www.nichd.nih.gov. "Little Known Benefits of Breastfeeding," available at www.askdrsears.com, 6/15/02. "Breastfeeding Benefits," University of Michigan Health System, available at www.med.umich.edu, 6/15/02. Baumslag, Naomi, MD, and Dia L. Michels, Milk, Money and Madness: The Culture and Politics of Breastfeeding (Bergin & Garvey), CT, 1995.

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