

Benefits Of Breastfeeding

FOR BABY

Lower risk of type 1 & 2 diabetes

Lower risk of allergies, ear infections, asthma, respiratory illnesses

Lower risk of obesity

Lower risk of SIDS

Fewer doctor visits

Special bond with mother

FOR MOTHER

Easier weight loss after birth

Lower risk of type 2 diabetes

Lower risk of breast cancer, ovarian cancer, and osteoporosis

Lower risk of post-partum depression

Special bond with baby

Saves time and money



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Good Health And Wellness Program

BRING BACK THE TRADITION OF BREASTFEEDING





ABC

OF BREASTFEEDING



Quick Tips For Breastfeeding

Focus on the feet. Babies seem to nurse better when their feet are touching something like your leg, the arm of a chair, or a pillow tucked next to you. It makes them feel more secure. This lets you rest your shoulders and lower back if you tend to hunch over, and it's good for moms who've had a C-section. Stay hydrated to ensure your body can make enough milk. A good idea is to sip from a glass of water while nursing.

Did you know?

60 % of new mothers will start breastfeeding their infants sometime after birth, only 20 % of them are still doing so by 4 months of age.

AWARENESS: WATCH FOR YOUR BABY'S SIGNS OF HUNGER AND BREASTFEED WHENEVER YOUR BABY IS HUNGRY. DON'T WAIT FOR YOUR BABY TO CRY. THAT'S A SIGN THEY ARE TOO HUNGRY.

BE PATIENT: BREASTFEED AS LONG AS YOUR BABY WANTS TO NURSE EACH TIME. DON'T HURRY YOUR INFANT THROUGH FEEDINGS. INFANTS TYPICALLY BREASTFEED FOR 10 TO 20 MINUTES ON EACH BREAST.

COMFORT: RELAX WHILE BREASTFEEDING, AND YOUR MILK IS MORE LIKELY TO FLOW. MAKE YOURSELF COMFORTABLE WITH PILLOWS AS NEEDED TO SUPPORT YOUR ARMS, HEAD, AND NECK.

