Breastfeeding

The majority of professional health care organizations recommend breastfeeding exclusively for the first 6 months of a newborn’s life. Research studies identify that the support of the partner and family is a critical factor in the mother’s decision to breastfeed. If the first child is breastfed, it is more likely that subsequent children will be breastfed. It is important to discuss the benefits of breastfeeding, often parents choose formula feeding without adequate information and understanding of the benefits of breastfeeding.



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Benefits

Complete Nutrition

Nutritional-plate

Breastfeeding is beneficial for the infant as the breast milk contains the appropriate combination of protein, carbs, and fats as well as most vitamins and minerals that are vital for a thriving infant. Important to note that breast milk is low on vitamin D, therefore, the American Academy of Pediatrics (AAP) recommends newborns are supplemented daily with liquid vitamin D drops for babies that can be purchased at most pharmacies.

Antibody Protection

Ant-tie-bodies

In addition to containing appropriate nutrition levels, breast milk provides many immune benefits for the infant. The mother’s colostrum is packed with important maternal antibodies that have shown to protect against many infectious diseases such as bacterial meningitis, diarrhea, bacteremia, necrotizing enterocolitis, urinary tract infections, sepsis, and respiratory illnesses.

Bonding

Bonding with mom

In addition to the health benefits of breastfeeding, breastfeeding provides a significant bonding time between the mother and infant. This action promotes attachment early on.

Convenient

Convenient-store

Breastfeeding is a convenient source of nutrition for the infant as it is readily available, does not require the use of bottles, does not need to be warmed, and most importantly it’s free!

SIDS Risk Reduced

Infant-death Risk Reduced

There is evidence to suggest that breastfeeding decreases the risk of Sudden Infant Death Syndrome (SIDS). Breastfeeding aids in promoting brain development, airway protection, and protection against diseases thus reducing the incidence of SIDS.

Possible Enhanced Cognitive Development

Enhanced Cogs

Breast milk provides many nutritional substances that are imperative to brain development. Breast milk is packed with vital growth factors and fats that are essential for the development of the central nervous system and and aid in transmitting nerve impulses faster.

Long-Term Health Benefits

Long-ruler Benefits

Due to the extensive immune benefits provided by breast milk, the child has a lower risk of developing many childhood diseases. These diseases include childhood cancers, hypertension, dental caries, Type 1 diabetes, eczema, asthma, and allergies.

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