

Breastfeeding Protects Your Baby Against Illnesses

Breastfeeding your baby protects him or her from:

- Diarrhea
- Ear infections
- Herpes
- Respiratory (breathing) infections
- Asthma
- Hernias
- Allergies
- Eye problems
- Cavities
- Multiple sclerosis
- Cancers, including leukemia



A breastfed child's high school test scores will be 15 percent higher than those of a child who was given formula.

From a study led by James W. Anderson, M.D., published in the American Journal of Clinical Nutrition, 1999

Breastfeeding Is Healthy for You

Mothers who breastfeed their babies instead of using formula have many health advantages.

- More calm and relaxed
- Lose weight from pregnancy faster
- Lower risk of breast cancer
- Lower risk of osteoporosis (bone disease)

You also don't have to carry any formula bottles. There's no trash or mess. And breast milk is free!

Your Health Is Important

Take care of your health. Do it for yourself and for your family.

For more information on breastfeeding call La Leche League at:

1-800-LALECHE

Or visit their Web site at:

www.lalecheleague.org

Breastfeeding

*why it's as healthy for you
as it is for your baby*



healthy directions

Why Breastfeeding is Good for Your Baby

New mothers make two kinds of milk:

1. Colostrum

- Made for the first few days after your baby is born
- Very thick and comes in small amounts
- Rich in nutrients and easy for your baby to digest
- Protects your baby from germs or disease

2. Mature Breast Milk

- Made after the first few days of breastfeeding your newborn baby
- Thinner than colostrum, and comes in greater quantities to help your baby grow
- Gives your baby all the nutrition he or she needs
- Protects your baby from diseases

Three Steps for Breastfeeding

1. Touch the baby's mouth so he or she will open it.



2. Quickly bring the baby's open mouth to your nipple.



3. The baby's mouth should cover the nipple and most of the dark area behind.



Seven Reasons to Say Yes to Breast Milk

1. Breast milk is healthier, so you spend less time and money at the doctor.
2. Cow's milk irritates a baby's stomach.
3. Breast milk is natural; formula has added chemicals.
4. Babies can burn their mouths on formula if temperature is not right.
5. Formula costs \$800-\$1,200 a year.
6. Fake nipples on bottles affect the baby's teeth and jaw growth.
7. Breast milk doesn't have canisters, wrappers and containers. So breastfeeding your baby helps keep the environment clean, too!

It's Worth It!

Some women give up on breastfeeding after a few months. They may feel it's too hard. Remember that if you breastfeed:

- Your baby will grow up healthier and smarter
- You will be healthier and feel more relaxed
- Your baby will feel happy and closer to you

Breastfeed your baby and form a bond that will last a lifetime!

The American Academy of Pediatrics recommends you breastfeed your baby for at least the first year. You can continue to breastfeed longer as you slowly introduce solid foods into your baby's diet.

Breastfeeding Should Not Hurt

You might feel pain if you are holding your baby wrong or the baby is not latching on to the nipple well.

If you feel pain, ask someone who knows how to do it right to help you.

