

Ten Good Reasons To Breastfeed



1. Breast milk is the perfect food. It provides everything your baby needs for at least the first six months of life.
2. It's the healthiest option for your baby. Your baby has a lower risk of many illnesses, including gastroenteritis; respiratory, urinary tract and ear infections; eczema; and diabetes.
3. It's the healthiest option for you. You have a lower risk of pre-menopausal breast cancer and ovarian cancer.
4. It's convenient. It's always available - anytime, anywhere, and at the right temperature.
5. It's free. In fact, it saves you money. (Formula can cost more than \$1,700/year!)
6. It saves the nation money. Millions of dollars are spent treating infections in bottle fed babies.
7. Breastfed babies have higher IQ's. A long-term study found that the IQ at age 30 was nearly 4 points higher for breastfed babies.
8. Breastfed babies are less likely to become obese as adults.
9. It is more environmentally friendly. Breast milk is produced and delivered to the consumer without any pollution, unnecessary packaging, or waste.
10. Women who breastfeed regain their figures sooner than women who bottle feed. While making breast milk, your body burns up to 800 calories per day.