

Breastfed babies are healthier, therefore they visit the doctor less often

**Breastfed babies are healthier overall**

**Breastmilk is made for babies**

*breastmilk is*  
**liquid gold!**

the benefits  
of breastfeeding *your baby*



#### **Breastmilk Composition**

- The over 200 components of breastmilk work together to provide ideal natural nutrition for babies to ensure optimal development and growth.
- Breastmilk composition changes within a feed, daily, weekly and monthly depending on your babies needs.

#### **Bonding**

- Breastfeeding creates superior attachment between mother and child, and meets baby's every security, affection and physical contact need.
- Natural pain relievers create a sense of relaxation and well being in baby and mother.
- Promotes family and social relationships.



#### **Nervous System Development**

- Breastmilk contains ingredients essential to the development of the baby's nervous system, which includes brain development.
- Contains natural omega-3 fatty acids which are vital to a healthy brain and nervous system.
- Reduces the risk of sudden infant death syndrome (SIDS).

#### **Immune System**

- Strengthens the immune system, thereby protecting the baby from many diseases during the early years and throughout life.
- Decreases the frequency and severity of many illnesses/diseases including diabetes, meningitis, Crohn's disease, leukemia and other cancers.
- Decreases the risk of babies developing allergies.



#### **Vision Development**

- Breastmilk contains components essential to the development of the baby's visual acuity.
- Contains natural omega-3 fatty acids which keep eyes healthy.
- Alternating eye contact during breastfeeding aids in vision development.

#### **Ears**

- Significantly fewer ear infections.

#### **Mouth Development**

- Plays a vital role in proper dental and jaw maturity.
- Tend to have fewer cavities.
- Aids in the development of facial muscles used for speech.



#### **Respiratory System**

- Decreases the incidence and severity of coughs and colds, the flu, and respiratory infections.
- Decreases the risk of babies developing asthma.

#### **Digestive System**

- Easier to digest for a baby's immature digestive system.
- Contributes significantly to the growth and maturation of the digestive system.
- Protects babies from stomach and intestinal infections, especially diarrhea.
- Decreases the incidence of childhood obesity.



#### **Urinary System**

- Fewer urinary infections.

#### **Skin**

- Decreases the incidence of eczema, a common skin disorder.



#### REFERENCES

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