Breastfed babies are healthier overall

Breastmilk is made for babies

## liquid gold!

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# the benefits of breastfeeding your baby



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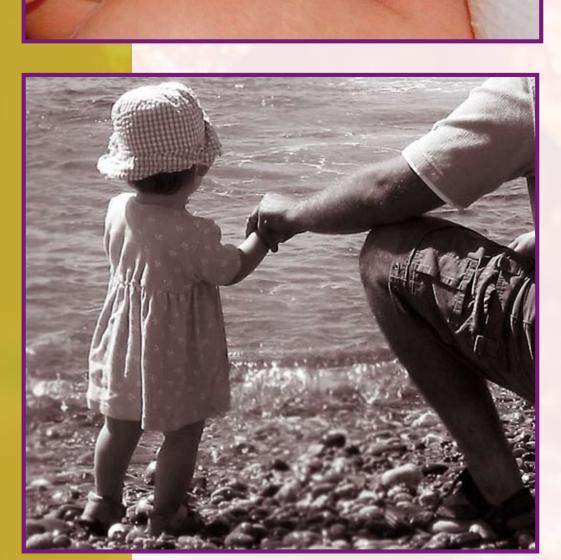
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#### **Breastmilk Composition**

- 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.

Developed by Lenka Bezruc & Karen Smith Breastfeeding Course for Health Care Providers, Douglas College Graphic Design by Jana Schweitzer

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