

Benefits of Breastfeeding, A to Z

A Helps **avoid allergies**; immediately **available**; **antibodies** are passed from mother to baby through her milk; nutrients are more easily **assimilated**

B Creates close **bonding** between mother and child; reduces risk of **breast** cancer; contributes to optimal **brain** development; **breastmilk** doesn't stain clothing

C **Comforting** for baby; **convenient**; **changes** as baby grown; no **constipation**; **colostrum** is the perfect first food

D **Digests** more easily; cannot be **duplicated**; allows **delay** of solids; fewer **dental** problems - promotes proper jaw teeth and speech development so there is less need for expensive orthodontics later

E **Easy**; **enjoyable**; **enhances** relationship with your baby

F **Fulfilling**; always **fresh**; gives you a **free** hand for reading, etc.; **fewer** health problems means a happier baby

G **Giving** of yourself; a **great** way of meeting emotional and physical needs; less garbage and other environmental wastes

H Breastfed babies are **healthier**; babies are meant to have **human** milk

I **Inexpensive**; **immunity** factors are only found in breastmilk

J **Joyful** experience; ready in a **jiffy**

K Spend less time in the **kitchen** (mixing, washing, sterilizing, warming...)

L **Loving**; you can join a fun mother's group, **La Leche League**; **less** spitting-up and stomach upsets

M Delays the return of postpartum **menstruation** (delays fertility); something only **MOM** can do for her baby

N Perfect balance of **nutrients**; **night** feedings are easier; **natural**

O Prevents **overfeeding**; less diaper **odour**;

reduces the chance of **obesity** later in life

P **Prolactin** helps you feel motherly; helps **prevent** serious health problems; milk supply is **pure**

Q **Quiet** time together; best **quality** nutrition; practically unlimited **quantity**

R **Relaxing**; less **rashes** for baby; **recommended** by the Canadian Pediatric Society, the World Health Organization and The Breastfeeding Committee for Canada; completes the **reproductive** cycle - conception, pregnancy, birth, lactation

S **Satisfies** all the **senses**; **superior** infant food; **saves** time, effort, money and resources

T Always the right **temperature**; **travel** is easier; **time-tested** through the ages

U **Uniquely** suited to each baby; contracts **uterus** helping to expel the placenta and control blood loss; **universality** of breastfeeding is a link with mothers all over the world

V Especially **valuable** in special situations (prematurity, jaundice); taste of breastmilk **varies** from skim to creamy during each feeding

W Helps mother's **weight** loss by using extra calories; not need to **worry** about baby's food supply; encourages normal **weight** gain for baby; called "**white** blood" because of the life-giving properties

X **X-tra** cuddling builds strong ties of love

Y It's **yummy**, of course!

Z These are only a few of the **zillions** of advantages to breastfeeding your baby!!!