

Breastfeeding Your Baby

Breastfed babies have:

- Fewer ear infections.
- Lower chance of asthma, food allergies, and dental cavities.
- Protection against diarrhea, stomach, and lung infections.
- Better nervous system development and higher IQ levels.
- Lower risk of some childhood cancers.
- Lower chance of becoming over weight.

Mothers who breastfeed have:

- Lower risk of pre-menopausal breast cancer.
- Lower chance of osteoporosis later in life.
- Quicker return to pre-pregnancy weight.
- Food source for their babies even during emergencies.
- Lower chance of becoming pregnant before menstruation returns.

