



BENEFITS OF BREASTFEEDING

The Canadian Pediatric Society recommends breastfeeding as the best source of food for the first 6 months of life. The World Health Organization (WHO) recommends breastfeeding exclusively (no formula unless medically necessary) to the age of about 6 months, then continuing breastfeeding and offering solids as the best method of feeding infants.

For Babies

1. Nutritionally superior to infant formula.
2. Bacteriologically safe and always fresh.
3. Contains a variety of anti-infectious factors and immune cells.
4. The least allergenic of any infant food.
5. Less likely to lead to overfeeding.
6. Contributes to good jaw and tooth development.
7. Helps develop baby's brain and nervous system.
8. More easily digested than formula.
9. Lower risk of SIDS.

For Moms

1. Costs less than commercial infant formulas.
2. Generally more convenient once the process is established.
3. Results in uterus returning to normal state faster.
4. Hormone release promotes close mother child contact, increased feelings of relaxation, warmth and love.
5. Uses fat stored during pregnancy, thus contributing to post-partum weight loss.
6. Provides maternal protection against breast cancer.
7. Provides maternal protection against osteoporosis and hip fracture later in life.
8. Environmentally friendly.