



Breastfeeding 101

Moms Benefit from Breastfeeding Too!

- Breast milk is always ready – NO mixing, measuring, heating, or clean-up
- Saves money – there is nothing to buy
- Night feedings are quick and easy
- Helps you relax and cuddle with your family – read to your other children while breastfeeding
- Decreases your risk of having breast cancer and ovarian cancer
- Breastfeeding helps decrease insulin requirements in diabetic mothers
- Gives protection against developing osteoporosis (thinning of the bones)
- Means fewer work days missed being home with a sick baby

Cited: [Http://www.michigan.gov](http://www.michigan.gov)

Benefits for Baby

Breastfeeding is the best gift that a mom can give to her newborn. Below is a list of the many benefits that a baby gets as a result of being breastfed for even a small amount of time (3 months or less).

- Allergies
- Lessens the risk of your baby developing juvenile diabetes
- Protects against Crohn's disease and ulcerative colitis
- Decreases the risk of Sudden Infant Death Syndrome (SIDS)
- Lower risk of developing certain childhood cancers
- Less likely to become obese in later life
- Healthier and happier
- Helps your baby grow and stay healthy
- Is the perfect food meant for your baby
- Breast milk is gentle to baby's stomach. It's easy to digest so baby



doesn't spit up as much

- Means less colic, constipation, and diarrhea for your baby
- Protects your baby from illness – breastfed babies have fewer colds, fewer ear infections, fewer respiratory infections
- Helps brain development and may improve your child's IQ
- Lowers the risk of your baby developing asthma
- Decreases chances of your baby having allergies
- Lessens the risk of your baby developing juvenile diabetes

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Breastfeeding Increases Family Spending Dollars

For families, the purchase of infant formula can amount to \$1,200–\$1,500 or more for the baby's first year. Excess use of health care services attributable to formula feeding costs an HMO between \$331 and \$475 per never-breastfed infant for lower-respiratory illness, otitis media, and gastrointestinal illness. WIC spends 578 million in federal funds per year to buy formula for families who could be breastfeeding.

Cited: <http://usbreastfeeding.org/Issue-Papers/Economics.pdf>