



# The Benefits of Breastfeeding

## Congratulations on your pregnancy!

This is an exciting time as you start to plan for your new baby. Did you know breastfeeding gives valuable health benefits to moms as well as to babies?

### Breast-fed babies have:

- Fewer allergies, less asthma and less eczema
- Fewer ear, lung and stomach infections
- Lower risk of sudden infant death syndrome (SIDS)
- Lower risk of certain cancers
- Lower risk of diabetes and obesity
- Better brain development and higher intelligence

### Breastfeeding mothers have:

- Lower risk of postpartum depression
- Faster return to pre-pregnancy weight
- Less bleeding after delivery
- Lower risk of breast, ovarian and uterine cancers
- Lower risk of osteoporosis and rheumatoid arthritis

### Breastfeeding is good for the environment, your time and your pocketbook!

- There is no waste or packaging involved in the production of breast milk.
- Breast milk is always fresh, available and the right temperature.
- Breast milk does not require mixing, washing or preparation.
- Parents who breast-feed miss fewer days of work and save money.
- Breast milk has all the nutrients a baby needs, and it changes to meet a growing baby's needs.
- Breast milk is free.

Breastfeeding creates a special bond between a mother and a child. It's an act of love every time. If you have questions or need help, Providence is here for you. Talk to your health care provider or a Providence lactation specialist.