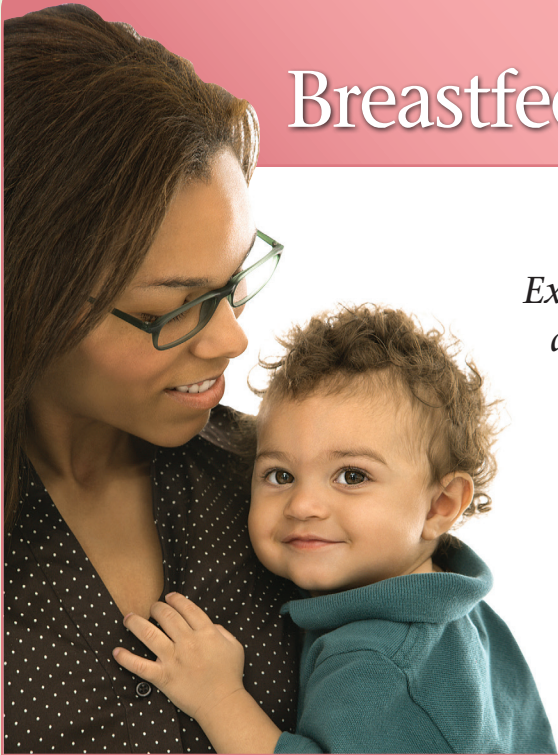


Breastfeeding: Benefits and Risks



Exclusive breastfeeding is recommended for mom and baby for the first six months. Continued breastfeeding, while also providing appropriate solid foods, for at least six additional months, is also recommended.

Breastfeeding has many benefits, while not exclusively breastfeeding carries risks for both mom and baby.

Benefits

Moms who exclusively breastfeed...

- Have less bleeding after childbirth
- May lose weight faster postpartum
- Have strong bones
- Make more milk with skin to skin contact between her and baby

Babies who are exclusively breastfed...

- Have less gas, constipation, diarrhea and gastrointestinal infections
- Are healthier with less risk of asthma
- Have a significantly lower risk of Sudden Infant Death Syndrome (SIDS)
- Have been shown to be smarter with better brain development and higher IQ test results

Risks

Moms who do not exclusively breastfeed are...

- More likely to develop breast cancer
- More likely to develop ovarian cancer
- More likely to develop diabetes
- More likely to develop cardiovascular disease

Babies who are not exclusively breastfed are...

- More likely to have allergies
- More likely to be obese
- More likely to develop type 1 and/or type 2 diabetes
- More likely to develop acute ear infections
- More likely to develop eczema
- More likely to develop childhood leukemia

