

Breast Milk is Best

A mother's milk is BIOLOGICALLY IDEAL. Your body knows exactly how much milk to make! The American Academy of Pediatrics recommends breastfeeding exclusively for the first six months. This means no supplementing with formula or water, and then continuing to breastfeed until at least 12 months or older while introducing foods. Breastmilk also contains PROBIOTICS, which are useful bacteria that keep the digestive system healthy. This can help protect against allergies, asthma, and other chronic diseases. Breastfed babies are also less likely to have ear infections, diarrhea, pneumonia, and more.

Benefits for Mom

- It helps your body in RECOVERY from childbirth by triggering your uterus to return to that pre-pregnancy size
- It resets your metabolism to pre-pregnancy levels
- Weight loss - your body burns an extra 500-700 calories a day making milk
- Mothers benefit emotionally and psychologically
- It is available on demand
- It is less expensive than formula

Fears, Myths and Solutions

- **If I have a cesarean birth - a C-section - will I still be able to breastfeed?** Yes, it may be a bit uncomfortable at first.
- **Will I lose a lot of freedom if I breastfeed?** You will have to tend to your baby's needs whether you bottle feed or breastfeed.
- **What if I am driving and my baby cries?** No matter how you're feeding your baby, you will have to pull over and stop.
- **What if I want to drink alcohol?** Alcohol does get into breastmilk and is at its highest levels 30 - 60 minutes after you've drank. Alcohol stays in your breastmilk for two-three hours per drink consumed. **The CDC recommends consuming no more than one lower-alcohol drink per day. But the safest option is not drinking.**

Conclusion

Breastfeeding is the natural way to feed your baby, and it is beneficial for you and your child. It helps build your baby's immune system, provides them with excellent nutrition, and promotes closeness and bonding. It's also healthy physically and emotionally for you. And it costs a whole lot less than formula feeding.

References and Footnotes:

Information compiled from U.S. Department of Health and Human Services, Office on Women's Health, Washington, DC found at: <http://www.womenshealth.gov/breastfeeding/> and La Leche League International, Chicago, IL, found at: <http://www.llli.org/>, accessed 8-20-2018.