

Breastfeeding Benefits

For Mom



Breastfeeding may make it easier to lose the weight you gained during pregnancy.



Women who breastfeed longer have **lower rates of type 2 diabetes and high blood pressure.**



Women who breastfeed have **lower rates of breast cancer and ovarian cancer.**



Breastfeeding triggers the release of **oxytocin** that causes the **uterus to contract** and may **decrease** the amount of **bleeding you have after giving birth.**



For Baby



Breast milk has the right amount of fat, sugar, water, protein, and minerals needed for a baby's growth and development.



Breast milk is easier to digest than formula, and breastfed babies have less gas, fewer feeding problems, and less constipation.



Breast milk contains antibodies that protect infants from certain illnesses, such as ear infections, diarrhea, respiratory illnesses, and allergies.



Breastfed infants have a **lower risk of sudden infant death syndrome (SIDS).**



If your baby is born preterm, **breast milk can help reduce the risk of many of the short-term and long-term health problems.**