

# Why Breastfeed?

## It's Best for Your Baby. Nothing Else Comes Close.

- Breast milk is filled with the vitamins and nutrients that your baby needs. It builds your baby's immune system and helps her brain develop.
- Breast milk is easier to digest than formula, resulting in less spit-up and diarrhea.
- Breastfed babies are less likely to become obese later in life.
- Breastfed babies are less likely to get infections and to develop asthma, some cancers, diabetes and SIDS (sudden infant death syndrome).

## It's Best for You.

- Breastfeeding helps your body recover from pregnancy and labor — shrinking your uterus back to size and reducing bleeding after childbirth.
- Breastfeeding lowers your risk of getting diabetes, ovarian cancer and some forms of breast cancer.
- Breastfeeding helps you bond with your baby.
- Breastfeeding may help ward off depression.
- Breastfeeding saves time. Unlike formula, breast milk is always the right temperature and requires no bottles to wash and sterilize.
- Breastfeeding saves money. Breast milk is all your baby needs for the first six months of life, saving you hundreds of dollars that would have been used to buy formula.
- Breastfed babies are often healthier, meaning fewer absences from work.

## It's Best for Communities:

- Breastfeeding reduces costs associated with illness.
- Breastfeeding increases productivity by reducing sick-leave absences.
- Breastfeeding is good for the environment. Unlike infant formula, no resources are used for production, packaging, transportation or waste disposal.

