

# BENEFITS OF *Breastfeeding*

**Breastfeeding is the most natural way parents can provide an infant with the vital nutrients they need to grow healthy.**

## BENEFITS FOR THE *Mother*



**Ensures quicker recovery from pregnancy and labor, and weight loss**



**Lowers stress levels**



**Promotes bonding time with the baby**



**Reduces the risks of:**

- Breast & ovarian cancer
- Postpartum bleeding
- Postpartum depression
- Type 2 diabetes mellitus
- Heart disease
- High blood pressure



## BENEFITS FOR THE *Baby*



**Provides nutrients and minerals essential to healthy development**



**Easier to digest than formula**



**Promotes positive cognitive and physiological development**



**Reduces the risks of:**

- Asthma and Allergies
- Type 2 diabetes
- Childhood obesity
- Ear and respiratory infections
- Sudden infant death syndrome (SIDS)

### DID YOU KNOW?

**New York State law requires employers to provide a private, non-bathroom location and reasonable time for employees to express or pump breast milk for their babies. Speak to your human resources representative to learn more.**

For resources and programs to help you lead a healthy lifestyle, visit  
[nyc.gov/workwellnyc](https://nyc.gov/workwellnyc)