

# BENEFITS OF BREASTFEEDING

Breastfeeding is an empowering choice for you and your baby.  
Here are some benefits both mother and baby can enjoy.

## BETTER FOR YOU

Breastfeeding lowers your risk for breast and ovarian cancers.

Producing milk can burn up to 500 calories in a single day!

Nursing releases oxytocin, which helps your uterus return to its normal size.

Breastfeeding brings closeness - watch your baby thrive and grow every day!

- High blood pressure
- High cholesterol
- Cardiovascular disease

- Osteoporosis
- Postpartum depression

## BETTER FOR BABY

Breastfeeding gives your baby's body antibodies to stave off infections.

Breast milk helps your baby gain weight at a healthy pace.

Breast milk is easier to digest than formula, meaning less digestive upset.

Skin-to-skin contact releases the "cuddle hormone" oxytocin, making baby feel calm and safe.

- Asthma
- Obesity
- Type 1 Diabetes
- Severe lower respiratory disease
- Gastrointestinal infections

- Ear infections
- Sudden Infant Death Syndrome (SIDS)
- Necrotizing Enterocolitis (NEC) for preterm infants



### IMMUNITY BOOSTER

### NATURAL WEIGHT MANAGEMENT

### BODY BENEFITS

### BONDING TIME

### LOWERS THE RISK OF: