

20 Reasons to Breastfeed Your Baby

1. Breastmilk is the perfect food for your baby. It has just the right amount of protein, sugar, fat and vitamins your baby needs.
2. Early breastmilk provides your baby with protection from infection.
3. Breastfeeding helps your uterus shrink to its normal size sooner and helps control post-delivery bleeding.
4. Breastmilk is easy for your baby to digest.
5. Breastfed babies have less colic, constipation and diarrhea.
6. Breastmilk changes to meet your growing baby's nutritional needs. No baby formula can do that!
7. Recent studies have shown a reduced risk of sudden infant death (SIDS) with breastfeeding.
8. Breastfed babies have fewer colds and earaches and go to the doctor for sick visits less.
9. Breastfed babies have less asthma, food allergies and eczema.
10. Nighttime feedings are quick and easy.
11. Breastfeeding makes mom feel proud. Your baby is growing because of something only you can give them.
12. Breastfeeding is a special gift only you can give your baby. It helps you feel close to your baby and helps you feel confident as a mother.
13. Breastmilk is economical – there is nothing to buy.
14. Breastfeeding can help you lose weight faster.
15. Breastfeeding is good for the environment – no bottles, cans or boxes to put in the garbage.
16. Breastfeeding your baby is enjoyable! The hormones you make during breastfeeding help you relax and feel close to your baby.
17. Breastmilk helps your baby grow strong and healthy.
18. Breastfeeding reduces your risk of certain cancers.
19. Breastmilk is always ready, always warm and always enough!
20. Going out is simple – nothing to pack but the baby!



Wentworth-Douglass Hospital

WOMEN & CHILDREN'S CENTER

789 Central Ave., Dover, NH 03820

www.wdhospital.com / 603.742.5252