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HERITAGE VALLEY
HEALTH SYSTEM

Why Should I Breastfeed?

For You:

- Helps your uterus return to pre-pregnancy size faster.
- Return to pre-pregnant weight sooner. Exclusive breastfeeding burns about 500 calories a day.
- Reduces the risk of breast and ovarian cancers, osteoporosis, and type 2 diabetes.
- May reduce risk of post-partum depression. Mothering hormones are calming when breastfeeding.
- Breastfeeding is free. Saves money otherwise spent on formula and supplies.
- Decreases family healthcare costs.

For Baby:

- Perfectly matched nutrition. Most complete and optimal mix of nutrients and antibodies.
- Easily digestible.
- Creates a special bond between mom and baby with frequent skin contact.
- Enhances dental health, oral motor development and speech.
- Stronger immune system = healthier baby.
- Decreases risk for certain types of infection and illnesses.
 - Ear Infections
 - Childhood Leukemia
 - Rashes
 - Diabetes
 - Necrotizing Enterocolitis (bowel tissue death)
 - Allergies
 - Respiratory Problems
 - Sudden Infant Death Syndrome (SIDS)
 - Stomach problems
 - Obesity
 - Asthma

For Society:

- Protects the environment by decreasing waste in landfills. Fewer bottles, cans, and formula manufacturing hazards and wastes.
- Protects babies from risk of contaminated water supply and illness during a disaster.
- Contributes to more productive work force. Mom misses less work.
- Decreases healthcare costs by promoting healthier moms and babies.
- There are laws that protect breastfeeding mothers in the public and the workplace.

The American Academy of Pediatrics recommends that babies be exclusively breastfed for the first six months of life. This means your baby needs no additional foods (except Vitamin D) or fluids unless medically indicated. Babies should continue to breastfeed for a year and for as long as is mutually desired by mother and baby.