



## Breastfeeding Benefits



### Overview

When you give birth, you may hear that breastfeeding is best. It's natural, it's healthy, and it's a great way for you and your baby to bond. Let's learn about why it's so good.

### Breast milk

When you breastfeed, you give your baby the perfect food. Breast milk is the best source of nutrition for most babies. It's easy for your baby to digest. It has all the nutrients your baby needs for the first six months of life. And as your baby grows, these nutrients change to meet your baby's needs.

### Health benefits for baby

Breast milk also contains cells, hormones and antibodies that help keep your baby healthy. Babies who breastfeed have a lower risk of ear and lung infections. They have fewer digestive problems and skin problems. They have a lower risk of asthma, obesity, leukemia, and type 2 diabetes. And, they have a lower risk of sudden infant death syndrome.

### Health benefits for mom

Breastfeeding has benefits for mothers, too. Immediately after birth, it triggers hormones in your body that help your uterus return to its normal size. Breastfeeding may help you lose the weight you've gained during pregnancy. And, it may lower your risk of breast cancer and ovarian cancer.

### Conclusion

Breastfeeding isn't right for everyone. Even if you want to do it, you may need some help to learn how. Talk to your doctor to learn more about breastfeeding.