

## 101 Reasons To Breastfeed

American Academy of Pediatrics recommends it ♥ UNICEF recommends it ♥ World Health Organization recommends it ♥ American Dietetic Association recommends it ♥ Promotes bonding between mother and baby ♥ Provides optimum infant nutrition ♥ Breastfed babies are healthier overall ♥ Cow's milk is designed for baby cows ♥ Human milk is designed for baby humans ♥ Breast milk tastes better than formula ♥ Satisfies baby's emotional needs ♥ Associated with higher baby I.Q. ♥ Breastfeeding is easier than using formula ♥ Always the right temperature ♥ Always the right proportions of fat, carbohydrates, and protein ♥ Colostrum is "super milk" ♥ Helps baby pass meconium ♥ No mixing necessary ♥ Contains immunities to diseases ♥ Enhances vaccine effectiveness ♥ Aids in the development of baby's immune system ♥ More digestible than formula ♥ Breast milk is an intestinal soother ♥ Cow's milk is an intestinal irritant ♥ Preterm milk designed just for premature infants ♥ Protects baby against bacterial meningitis ♥ Protects baby against respiratory infections ♥ Protects against Haemophilus influenzae b virus ♥ Natural pain relief for baby ♥ Perfect food for sick baby ♥ Optimizes hand-to-eye coordination ♥ Better cognitive development ♥ Better speech development ♥ Better social development ♥ Facilitates proper dental and jaw development ♥ Breastfed babies get fewer cavities ♥ Formula fed babies get constipated more often ♥ Less money spent on corrective orthodontia ♥ Protects baby against diarrheal infections ♥ Less chance of baby getting eczema ♥ Less gastrointestinal reflux (spit-up) ♥ Decreases chances of baby developing allergies ♥ Decreases chances of getting asthma ♥ Fewer doctor visits for breastfed babies ♥ Protects baby against vision defects ♥ Decreases baby's risk of ear infections ♥ Decreased risk of urinary tract infections in baby ♥ Less chance of inguinal hernia ♥ Reduces baby's chance of cardiopulmonary distress while feeding ♥ Less chance of developing ulcerative colitis ♥ Less chance of developing necrotizing enter colitis ♥ May reduce risk of sudden infant death syndrome ♥ Reduces risk of baby developing Type 1 diabetes ♥ Decreases baby girls' risk of later breast cancer ♥ Lower risk of certain childhood lymphomas ♥ Decreases chances of juvenile rheumatoid arthritis ♥ Decreases child's chances for Hodgkin's disease ♥ Protects against Crohn's disease ♥ Formula-fed babies more at risk for later obesity ♥ Contains no genetically engineered materials or synthetic growth hormones ♥ Breast milk is free ♥ Formula is expensive ♥ Breast milk has never been recalled ♥ Fresh breast milk is never contaminated with bacteria ♥ No need to worry about which brand is better ♥ No risk of adding contaminated water ♥ No worry about latest ingredient found missing from formula ♥ More sleep for baby ♥ More sleep for dad ♥ Acts like a natural tranquilizer for mom ♥ Helps prevent postpartum hemorrhage ♥ Helps shrink mom's uterus after childbirth ♥ Helps mom lose weight after baby inborn ♥ Exclusive breastfeeding is a natural contraceptive ♥ Reduces insulin resistance requirements of breastfeeding moms ♥ Protects moms against anemia ♥ Stabilizes progress of maternal endometriosis ♥ Reduces mom's risk of breast cancer ♥ Decreases mom's risk of ovarian cancer ♥ Decreases mom's risk of endometrial cancer ♥ Less chance of maternal osteoporosis in later life ♥ Breastfed babies have great skin ♥ Breastfed babies smell fantastic ♥ Much nicer diaper changes ♥ Easier to clean spit-up stains ♥ Results in less sick days for parents ♥ Happier employers because breastfeeding moms use less sick days ♥ Self-confidence booster for mom ♥ No bottles to tote ♥ No need to refrigerate ♥ Less equipment to buy, maintain, &

store ♥ It's what breast were designed for! ♥ Many cherished lifetime memories ♥  
Always ready and in a nicer package than formula ♥ Breastfeeding mothers get more  
food from WIC ♥ Reduces risk of baby bottle tooth decay ♥ Breastmilk comes in a variety  
of flavors ♥ Breastfed babies self-regulate their calories ♥ Decreases landfill waste ♥  
Delays onset of type 2 diabetes in gestational diabetics ♥ Easier to travel with a breastfed  
baby ♥