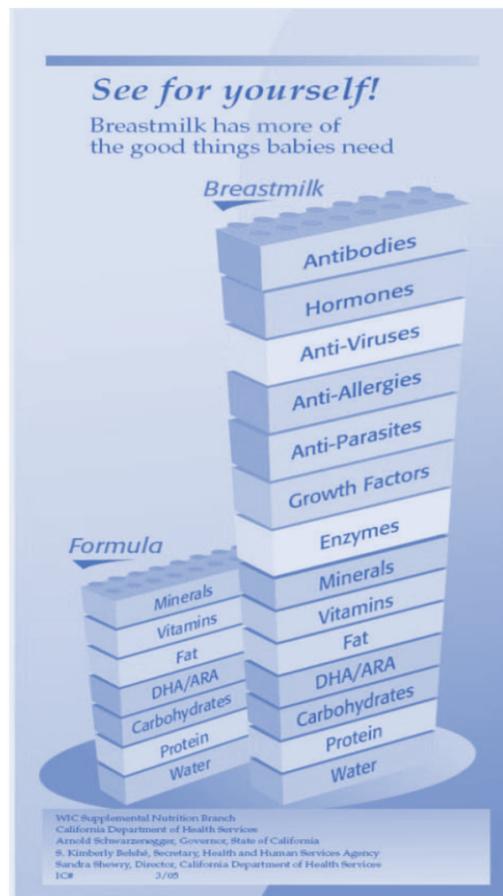


Why Should I Choose to Breastfeed?

Every woman's path to motherhood may look a little different, but one thing that is the same is that one of the first decisions a new mother must make is how they will feed their child. By choosing to breastfeed, you are making an investment into your child's future and providing a first food that is perfect for your baby. The choice to breastfeed is one of the best decisions you can make and will provide your baby with a healthy start that will last a lifetime. The American Academy of Breastfeeding recommends breast milk for the first year of your child's life. Keep reading to learn more about why breast is best for your child's first food and the many benefits breastfeeding offers to both your child and you!

Ask your doctor if you have any questions about your ability to breastfeed. Breastfeeding should fit into your lifestyle and most mothers have no medical or physical concerns that would hinder their ability to breastfeed.



Your local lactation consultant would be happy to answer more questions!
St. Rita's - 419-996-5807 Lima Memorial - 419-998-4570

Why Should I Choose to Breastfeed?

Some Benefits of Breastfeeding

For Infant

- Perfect food for infant
- Guarantees safe, fresh milk
- Enhances immune system
- Protects against infectious diseases
- Protects against food allergies
- Decreases risk of childhood obesity
- Increases cognitive function
- Decreases risk of respiratory infections

For Mom

- Promotes shrinking of uterus
- Promotes less postpartum bleeding
- Promotes weight loss
- Saves money spent on formula
- Decreases risk of breast cancer
- Increases bonding with the infant
- Delays the menstrual cycle
- Decreases risk of ovarian cancer



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