

Benefits of breastfeeding



Reasons to breastfeed

- Breastfeeding provides superior nutritional content and immunologic protection for your baby.
- It promotes brain development.
- It enhances visual development for your baby.
- It reduces the incidence of sudden infant death syndrome (SIDS), allergies and obesity for your baby.
- It reduces the incidence of some childhood cancers, insulin dependent diabetes, asthma and Crohn's disease for your baby.
- It promotes faster weight loss after delivery for you.
- It reduces the incidence of osteoporosis and certain types of breast and ovarian cancers for you.
- It reduces the incidence of diabetes in mothers.
- A healthier baby means fewer medical expenses for childhood illness and fewer lost days from work.
- It's free, convenient, always available and always just the right temperature.

Only you can provide these important benefits for your baby. You can do it. We're here to help.

Provided as an educational resource by Northwell Health lactation consultants