

# **BREASTFEEDING BENEFITS**

Saint Barnabas Medical Center encourages Moms to **Breastfeed** their babies.  
The following information highlights the benefits:

## **Health Benefits to Moms Who Breastfeed**

Develops a special emotional relationship and bonding with the new baby.

A breastfed baby is healthier, thus reducing healthcare costs to family and requiring less time off from work.

Helps return Moms' body to its pre-pregnancy state faster.

Breast milk eliminates the cost of formula.

Reduces the risk of breast and ovarian cancer.

Reduces the risk of anemia.

Gives protection against osteoporosis and hip fractures later in life.

Breastfeeding is a self-confidence booster for mom.

## **Health Benefits to Babies Who Breastfeed**

Babies enjoy a warm bonding & emotional relationship with their mothers.

Reduces the risk of SIDS.  
(sudden infant death syndrome)

Breastfeeding plays an important role in the emotional development of babies.

Babies develop higher IQ's, better brain and nervous system development.

Reduces incidence and severity of allergies and illness in general.

Increases protection against ear infection and respiratory illness.

Breast milk provides children with the most complete and optimal mix of nutrients and antibodies.

Reduces the risk of diabetes and heart disease.

Increase in bone density found in breast fed babies.

Protects against diarrhea, gastroenteritis and other stomach upsets-breast milk is easy to digest. Less colic, less crying.

## **Benefits to the Environment and Society**

Breastfeeding reduces cost of healthcare by promoting healthier children and mothers.

Breastfeeding reduces pollution by reducing the use of resources and energy.

Formula manufacturing creates environmental waste which adds to pollution.

Reduces absenteeism in the workplace due to children's illnesses.

Breastfeeding enhances vaccine effectiveness

Breastfed babies are less likely to become obese later in life.

The World Health Organization and UNICEF recommend exclusive breastfeeding as an aid to the World Hunger Initiative

***WE ENCOURAGE ATTENDING A BREAST FEEDING BASICS CLASS  
PRENATALLY TO FURTHER ENSURE YOUR BREAST FEEDING SUCCESS  
CALL WOMEN'S HEALTH EDUCATION @ 973-322-5360***