

a. Benefits of Breastfeeding

MODULE 4

Do you know the advantages of breastfeeding for the mother and the baby? Here are some of the reasons why your breastmilk is best for you and your baby.

BENEFITS OF BREASTFEEDING	
Ideal for the baby	Ideal for the mother
• In addition to being the best food for the baby, it is always fresh and ready.	• Promotes bonding and attachment between mother and baby.
• Helps to prevent constipation.	• Helps the uterus return to its normal size.
• Increase protection against diseases such as infantile diabetes.	• Protect against breast and cervical cancer.
• Increases protection against ear, lung and stomach infections.	• Contributes to strenghtening the bones.
• Increases protection against allergies if there is a family history of allergies.	• Burns the supplementary fat accumulated during pregnancy.
• May increase the protection against Sudden Infant Death syndrome also called crib death.	• Saves time because there are no bottles to prepare.
• Helps to promote proper jaw and teeth development.	• Saves on garbage since there is no wrapping to throw out.
• Help to promote better brain.	• Breastfeeding is good for the environment.

In addition to all these advantages, breastfeeding is economical. Turn the wheel to discover the amounts you will save by deciding to breastfeed.

