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Should You Breastfeed Your Baby?

How you will feed your baby is one of the many decisions that you make during your pregnancy. Think about it carefully. Choose what is right for you, your baby, and your family.

The Advantages of Breastfeeding

1. Breastfeeding provides the best food for your baby. Mother's milk contains all the nutrients needed by your baby and in the right amounts.
2. Breastfed babies have fewer illnesses. Human milk contains antibodies, and other factors, which help, protect your baby from disease.
3. Breastfed babies have fewer allergies. Human milk produces fewer allergies in human beings than does formula based on cow milk.
4. Breastfeeding is convenient. Breast milk is always ready. There is nothing to carry, heat, or measure.
5. Breastfeeding is economical. It costs less to breastfeed than to bottle- feed. You can spend money on your own food, not formula, bottles, and sterilizing equipment.
6. Breastfeeding is enjoyable for mother and baby. Many women comment that breastfeeding makes them feel very close to their babies. The hormones that your body produces during breastfeeding plus the skin contact help make you feel close to your baby.
7. Breastfeeding can help you to lose weight. While not everyone loses weight while breastfeeding, you are using a lot of extra calories to make milk and this can help. It also helps your uterus to go back to its non-pregnant state.