

E Nurture

A newsletter for breastfeeding mothers
by Barbara Berges, BS, RN, IBCLC, Lactation Consultant

Reasons Mothers Give for Breastfeeding

Saves me money - savings of approximately \$1,000 for a baby who is breastfed for one year.

Saves me time - no bottles to wash, formula to mix, bottles to heat.

Best nutrition - "human milk for human babies."

Provides antibodies - babies in the United States experience 60% less illness when breastfed.

Decreases likelihood of allergies or illness - fewer ear infections, fewer upper respiratory infections, less diarrhea, less wheezing, less asthma.

Increases bust size - some women really like their new figure!

Always ready - no crying baby while waiting for a bottle to heat.

Promotes good jaw development - advantage for proper tooth alignment.

Promotes speech development - active use of mouth and tongue while breastfeeding encourages proper speech patterns.

Promotes good eye development - components in breast milk enhance development of vision; switching baby from right to left arm while feeding promotes balanced eye muscles.

Comes in attractive containers!

Produces mothering hormones - promotes feelings of peace, satisfaction, relaxation, and closeness.

Gives special closeness with baby - hormones, combined with skin-to-skin contact and interaction promotes bonding.

Helps to understand baby - close relationship promotes understanding and acceptance.

Postpones fertility - fully breastfeeding, without solids or supplements, delays onset of ovulation and monthly periods.

Lowers risk of breast cancer, ovarian cancer, and osteoporosis - latest research indicates these benefits to mother's health.

Promotes growth and development of baby's brain and central nervous system - studies show higher IQ scores for breastfed children, directly correlated with the length of time they were breastfed.

Helps mom's body get back in shape faster - uterus returns to normal size faster. The extra calories used while breastfeeding helps with weight control.

Less smelly bowel movements - breastfed stools have a "yogurty" odor, not offensive.

No constipation - baby's stools stay soft.

Less smelly, no stain from spitting-up - does not stain baby's or mom's clothes.

Nutrition and comfort when child is ill - breastmilk is easy to digest, fully nutritious, and comforting to a sick baby.

Family Birth Place at
Park Ridge Hospital

 Unity Health System
www.unityhealth.org



Reasons Babies Give for Nursing

I'm hungry

I'm scared

I'm cold

I'm lonely

I'm hurt

I'm bored

I'm thirsty

I need to suck

I need to touch

I need cuddling

I need to fall asleep

I need comforting

I need to feel secure

I need you

I miss you

I love you



If you have questions, concerns, or comments,
please call the lactation consultants at
The Family Birth Place at Park Ridge Hospital.

Breastfeeding Helpline
(585) 368-4033