



BENEFITS OF BREASTFEEDING



In General:

- Breast milk has all of the nutrients your baby needs.
- Breast milk contains antibodies to help your baby fight off viruses and bacteria.
- Breast milk protects your baby's gut from germs and diseases.
- Breastfeeding promotes bonding and contributes to your baby's emotional development .



BENEFITS **For Mom:**

- **Lowers risk of osteoporosis later in life.**
- **Reduces risk of breast, uterine, endometrial and ovarian cancer.**
- **Decreases insulin use in a diabetic breastfeeding parent.**
- **Hormone release helps your uterus contract to prevent bleeding and return to its regular size.**



BENEFITS **For Baby:**

- **Lowers their risk of Sudden Infant Death Syndrome (SIDS).**
- **Protects against respiratory and gastrointestinal disease.**
- **Reduces ear infections.**
- **Decreases obesity later in childhood.**
- **Less likely to have diabetes.**
- **Decreases risk of childhood cancer.**
- **Protects against allergies.**

Information retrieved from "The Gift of Motherhood", 2019.

Have any questions?

Contact our Maternity Navigator

maternitynavigator@hcmhcares.org

Call: 765.599.3193 or Text: 765.521.1116



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