

# Breastfeeding Benefits



Breastfeeding is a wonderful way to give your baby the best physical and emotional start in life. The nurses and lactation consultant at Holy Redeemer are happy to talk with you about the benefits of breastfeeding.

## Breastfeeding: Better for Baby.....

### HEALTHIER FROM THE START

#### Breastfed babies have:

- Stronger immune systems
- Less diarrhea
- Less constipation
- Fewer colds and ear infections
- Better vision
- Lower rates of infant mortality
- Possibly lower rates of Sudden Infant Death Syndrome (SIDS)
- Less illness overall and less hospitalization
- Parents who have up to 6 times less absenteeism at work

#### Breastmilk is best for babies because:

- It contains the right amount and kinds of nutrients needed for development, including certain fats not found in infant formula
- It is easily digested, so that breastfed babies produce bowel movements with less offensive, buttermilk-like odor



## Looking Forward to Breastfeeding.....

Breastfeeding can be an enjoyable experience, not to mention the fact that it's extremely cheap, portable and environmentally friendly! Still, some moms have concerns about feeding this way. Talk with a doctor, nurse or lactation consultant if you have questions.

#### *Will breastfeeding hurt?*

Many moms breastfeed comfortably from the first day. At times, new moms may experience some nipple pain when the baby "latches on," or starts to nurse. This is usually gone by days 7 to 10.

#### *Will I make enough milk?*

Almost every mom can make plenty of milk. The more baby nurses, the more milk you will make.

### FIT FOR LIFE

Breastfeeding improves IQ: A clinical study shows infants breastfed exclusively for the first six months of life test 11 IQ points higher than formula babies.

#### Breastfed babies may become healthier children ...

- Less allergy, eczema and asthma
- Fewer childhood cancers
- Lower risk of juvenile onset diabetes
- Less Crohn's disease, and other chronic and acute diseases
- Lower rates of respiratory illness
- Healthier jaw and tooth development
- Fewer cavities
- Less likely to become obese later in childhood

#### ... and healthier teens and adults.

- Less likely to develop juvenile rheumatoid arthritis
- Less likely to develop heart disease in adulthood
- Lower risk of multiple sclerosis
- Lower rates of pre- and postmenopausal breast cancers

#### *If I breastfeed, won't my family members be left out?*

There are many ways others can be involved and create a special bond with the baby. Taking care of a newborn involves much more than just feeding! There is also burping, bathing, changing diapers and soothing baby by rocking, walking or singing.

#### *Can I continue my medications?*

If you need to take medication while you are breastfeeding and are concerned about how it may affect baby, you or your doctor can contact the Infant Risk Center ([806-352-2519](tel:806-352-2519), [www.InfantRisk.org](http://www.InfantRisk.org)), an organization that provides up-to-date, evidence-based information on the use of medications during pregnancy and breastfeeding.

## Breastfeeding Resources Online.....

These websites / social media pages do not belong to nor are they affiliated in any way with Holy Redeemer Hospital. Holy Redeemer is not responsible for the content of these websites / social media pages.

### GENERAL INFORMATION

#### [www.breastfeedingmadesimple.com](http://www.breastfeedingmadesimple.com)

Lactation consultant and co-author of *Breastfeeding Made Simple*, Nancy Mohrbacher maintains this website full of helpful information. There are links to a five-minute video of latch and a breast crawl video.

#### [www.kellymom.com](http://www.kellymom.com)

This page is evidence-based and user-friendly – it has a page of links for dad too!

#### [www.breastfeeding.com](http://www.breastfeeding.com)

This website packs in a wide variety of breastfeeding and parenting articles, funny stories from moms, and comics on the subject of breastfeeding.

#### <http://newborns.stanford.edu/Breastfeeding>

Videos include “Maximizing Milk Production” (excellent for moms of NICU babies), “ABCs of Breastfeeding,” and “Hand Expression.” “Is Breastfeeding Going Well?” is a screening tool for 5- to 7-day-old babies.

#### [www.llli.org](http://www.llli.org)

La Leche League International’s website provides answers to commonly asked breastfeeding questions, and links to local LLL Leaders/Groups.

#### [www.promom.org](http://www.promom.org)

A site with articles and fun facts about breastfeeding, including their “101 Reasons to Breastfeed.” Included are the “3-Minute Activist,” which offers prewritten letters to send to praise or criticize the media for its portrayals of breastfeeding, and a gallery of fine art, photos and clip art related to breastfeeding.

#### <http://parenting.ivillage.com>

Message boards provide mother-to-mother support; site offers “live chat” times with a lactation consultant.

### SPECIAL CIRCUMSTANCES

#### Preemies

#### [www.ameda.com/files/pdfs/908808-407.pdf](http://www.ameda.com/files/pdfs/908808-407.pdf)

Ameda, a breast pump manufacturer, hosts the article “Breastfeeding the Preterm Baby” by lactation consultant Nancy Mohrbacher.

#### Multiples

#### [www.multiplebirthsfamilies.com/breastfeeding.html](http://www.multiplebirthsfamilies.com/breastfeeding.html)

Canadian website for parents of multiples, with helpful tips for breastfeeding twins and triplets.

#### Breastfeeding after breast reduction surgery

#### [www.bfar.org](http://www.bfar.org)

Information and support for moms who wish to breastfeed after breast or nipple surgery. The site is also a resource for healthcare providers.

#### Low milk supply

#### [www.lowmilksupply.org](http://www.lowmilksupply.org)

Sister site to [www.bfar.org](http://www.bfar.org), this has information as well as mother-to-mother support for women struggling with milk-supply issues.

#### Inducing lactation

#### [www.asklenore.com](http://www.asklenore.com)

A resource for those who are expanding their families by adoption, surrogacy or pregnancy, with lots of articles on breastfeeding an “intended, premature or adopted baby.”

#### Milk banking

#### [www.hmbana.org](http://www.hmbana.org)

Guidelines for storing breast milk, with a focus on donating and requesting donor milk.

### RESOURCES ON FACEBOOK

#### [www.facebook.com/BreastfeedingResourceCenter](http://www.facebook.com/BreastfeedingResourceCenter)

Breastfeeding Resource Center (BRC), Abington and Wayne, PA

#### [www.facebook.com/TheLeakyBoob](http://www.facebook.com/TheLeakyBoob)

The Leaky Boob Blog

#### [www.facebook.com/PAIBCLC](http://www.facebook.com/PAIBCLC)

Pennsylvania Resource Organization for Lactation Consultants

#### [www.facebook.com/BreastfeedinginCombatBoots](http://www.facebook.com/BreastfeedinginCombatBoots)

Breastfeeding in Combat Boots (for moms serving in the military)

#### [www.facebook.com/248855546696](http://www.facebook.com/248855546696)

Mothering Multiples: Breastfeeding and Caring for Twins or More

#### [www.facebook.com/BreastfeedingTalkwithUSLCA](http://www.facebook.com/BreastfeedingTalkwithUSLCA)

Breastfeeding Talk with USLCA