



BREASTFEEDING



Benefits of breastfeeding:

- ✓ Incidence of pneumonia, colds and viruses is reduced
- ✓ Reduces risk of chronic illnesses
- ✓ Lowers the risk of sudden infant death syndrome
- ✓ Reduces the risk of baby becoming obese
- ✓ Assist mom in recovering from pregnancy and childbirth
- ✓ Lowers the risk of some childhood cancers
- ✓ Assists mom in losing the extra weight gained during pregnancy
- ✓ Breast milk changes to meet the baby's needs
- ✓ Breastfed babies have a better antibody response to vaccines
- ✓ Saves costs on formula

Diet for a healthy breastfeeding mom

- Eat a well balanced diet for your health – small meals with healthy snacks in between
- Don't count calories – follow your hunger as a guide
- Aim for slow and steady weight loss – don't lose weight by dieting until at least two months after your baby is born
- Include a variety of healthy foods
- Choose good fats (canola and olive oil, fatty fish, avocados, olives, nuts and seeds)
- Take extra steps to avoid contaminants (pesticides, insecticides and other chemicals)
- Eat fish other than shark, swordfish, king mackerel and tilefish
- Avoid alcohol
- Drink plenty of water and limit caffeine
- Keep taking your vitamins

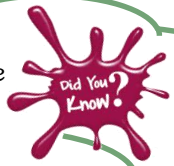
Importance of nursing at night:

- To regulate your milk supply
- Prolactin (the hormone that helps build and maintain your milk supply) is higher at night
- Babies consume 20% of their daily milk volume during the night



Infants should be exclusively breastfed for the first six months of life to achieve optimal growth, development and health!

Worldwide, 10.6 million children under age five die each year, and 13% of those babies could have been saved if they were breastfed.




About 38% of infants 0 to 6 months old are exclusively breastfed

