

BENEFITS OF BREASTFEEDING

The Freeman · 6 Mar 2023 · 11

Various studies have found that breastfeeding provides health benefits for both babies and mothers, and following is a roundup on some of the many benefits that've been found to be associated with breastfeeding:



- Breast milk is the best source of nutrition for most babies. As the baby grows, the mother's breast milk will change to meet her baby's nutritional needs.
- Breastfeeding can help protect babies against some short and long-term illnesses and diseases. Breastfed babies have a lower risk of contracting asthma, type 1 diabetes and sudden infant death syndrome (SIDS).
- Breastfed babies are also less likely to develop ear infections and stomach bugs, which are conditions that could have adverse effects in a baby's growth and development.
- Breast milk shares antibodies from the mother with her baby. These antibodies help babies develop a strong immune system and protect them from illnesses.
- Mothers can breastfeed anytime and anywhere, without having to mix formula, prepare bottles. Studies have also found that when traveling, breastfeeding can also provide a source of comfort for babies whose normal routine(s) are disrupted.
- Breastfeeding has been found to reduce a mother's risk of developing breast and ovarian cancer, type 2 diabetes and high blood pressure, with various studies finding that certain cancers, type 2 diabetes, and high blood pressure are less common among women who breastfeed.