

Table 4

Benefits of Breastfeeding for Babies, Mothers, and Families

What is so good about breastfeeding?

Breastfeeding is good for the baby, mother, and family.



Benefits for Babies

- **Breastfed babies may have:**
 - lower risk of asthma.
 - fewer stomach problems like diarrhea.
 - fewer infections that cause vomiting and diarrhea.
 - fewer ear and lower respiratory infections.
 - lower risk of Sudden Infant Death Syndrome (SIDS).
 - lower risk of becoming obese.
- **Babies taste different flavors in breastmilk based on what the mother eats. This may help babies accept new flavors from solid foods more easily.**
- **Skin-to-skin contact during breastfeeding may help moms and babies bond.**



Benefits for Mothers

- **Mothers who breastfeed may:**
 - have less blood loss after childbirth.
 - feel more relaxed.
 - have lower risk of ovarian and certain types of breast cancer.
 - have lower risk of Type 2 diabetes.
- **Skin-to-skin contact during breastfeeding may help moms and babies bond.**



Benefits for Families

- **Families with mothers who breastfeed often:**
 - spend less money because they do not have to buy infant formula.
 - take fewer sick days from work since babies who are breastfed tend to have fewer infections.
 - spend less on doctor's visits since their baby is sick less often.
- **Family members can help with feeding by giving the baby breastmilk that the mother has pumped and put into bottles.**