

# *E Nurture*

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A newsletter for breastfeeding mothers  
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## Breastfed Babies are Healthier Babies (and have Healthier Moms too!)

### **Breastfeeding is good for babies:**

- ♥ It is human milk for human babies
- ♥ Protects against infection (including ear infections)
- ♥ Easily digested so there is no constipation
- ♥ Decreases chances of developing allergies, wheezing, and asthma
- ♥ Perfectly balanced protein, fats, minerals, and vitamins
- ♥ Decreases risk of diarrhea and dehydration
- ♥ Decreases risk of developing serious diseases like diabetes and cancer
- ♥ Promotes brain development (higher IQs)
- ♥ Promotes eye development
- ♥ Not breastfeeding increases the risk of SIDS (Sudden Infant Death Syndrome)
- ♥ Antibodies from mom reduce illness from exposure to other children in day care
- ♥ Encourages proper mouth development; improves dental health, and speech

### **Breastfeeding is good for moms:**

- ♥ Convenient, always ready for baby
- ♥ Low cost - saves \$1,000 - \$1,200 for one year
- ♥ Helps mom bond with baby
- ♥ Reduces medical bills
- ♥ Healthier babies mean less time off for working moms, less worry for all moms
- ♥ Increases feelings of self-esteem, empowerment, and satisfaction

### **Other benefits may include:**

- ♥ Reduces risk of ovarian cancer
- ♥ Provides protection against premenopausal breast cancer
- ♥ Reduces risks of osteoporosis and hip fracture in later life

Do you have questions, concerns, or comments?  
Call the lactation consultants at  
The Family Birth Place at Park Ridge Hospital.

Breastfeeding Helpline  
**(585) 368-4033**

Family Birth Place at  
Park Ridge Hospital

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 Unity Health System  
[www.unityhealth.org](http://www.unityhealth.org)