

Benefits for you

Breastfeeding

- Helps you burn an additional 500 calories per day, meaning easier weight loss for you
- Helps shrink your uterus to pre-pregnancy size and decrease bleeding and anemia
- Reduces your risk of developing breast, endometrial and ovarian cancers. The longer you breastfeed each baby, the healthier it is for you
- Is healthier for both mom and baby. Infants are sick less often, resulting in fewer sick days for working parents
- Releases hormones that provide a calming effect for you and may decrease the possibility of postpartum depression
- Helps decrease the insulin requirements for diabetic mothers
- Saves time and money. Breast milk is FREE, readily available, always fresh and at the perfect temperature

If you have
questions

**about breastfeeding, please contact
your healthcare provider.**

The World Health Organization recommends

- Exclusive breastfeeding (only breast milk) for the first six months
- Gradually introducing other nutritious foods at six months, along with continued breastfeeding for two years and beyond



Garnet Health.

Harris

68 Harris Bushville Road
Harris, NY 12742
(845) 794-3300, Ext. 2372

Middletown

707 East Main Street
Middletown, New York 10940
(845) 333-1000

garnethealth.org/maternity

Breastfeeding

Why it is best



Garnet Health.

Breast milk is the perfect food source that only you can provide to your baby. It is recognized as the most complete form of nutrition for infants. Many studies and vast research have shown that breast milk contains the most beneficial nutrients for your growing infant, with a wide range of benefits for both mother and baby.



Benefits for your baby

Breast milk

- Is the most nutritious food for your baby. Throughout your baby's development, your milk changes to meet your baby's needs
- Is 100% absorbed, gentle and easy to digest. It helps properly develop your baby's gastrointestinal tract
- Boosts your baby's immune system. Your milk will protect your baby from illness and disease. Your baby is less likely to develop allergies, ear infections, SIDS, asthma, diabetes or celiac disease
- Protects against overfeeding and obesity. From the beginning, your baby will develop healthy eating habits. Your baby will stop eating when satisfied
- Enhances brain development. Studies show that breastfed babies have higher IQs
- Contains endorphins that provide natural pain relief for your baby
- Has never been recalled due to manufacturing problems or concerns
- And breastfeeding satisfies your baby's emotional needs and increases bonding between you and your baby

