

Benefits of breastfeeding for baby

Breast milk is the best food for your baby, and the many advantages of breastfeeding mean your baby benefits from your milk in lots of other important ways too



The health benefits of breastfeeding

As well as nourishing him, breast milk protects your baby. Breast milk is full of [live ingredients](#), including stem cells, white blood cells and beneficial bacteria,² as well as other bioactive components, such as antibodies, enzymes and hormones,³ which all help fight infection, prevent disease, and contribute to normal healthy development.

Breast milk benefits for premature babies

Feeding your preemie your milk offers the best protection against potentially fatal conditions including sepsis, chronic lung disease and necrotising enterocolitis (NEC).⁸ Premature babies who are fed breast milk are also more likely to come home from hospital earlier.⁹

The lifelong benefits of breastfeeding for your baby

Breastfeeding doesn't just benefit your baby for the first six months. The longer he continues to have breast milk, the more advantages there are – especially for his health.



Benefits of Breastfeeding & Breastmilk for Baby

Nutritional

- **Breastfeeding allows baby to control his appetite**
- Breastmilk Provides the right ingredients in the right amount to meet baby's nutritional needs
- The right mix of: Proteins, fats, sugars, vitamins, minerals, etc.

Protective

- Viruses, bacteria, parasites**
- Immune system Develop
- Necrotizing Enterocolitis.
- Haemophilus Influenza
- Better Vaccine Responses
- **Diarrhea**
- Hypertension
- Herpes Simplex
- **Respiratory Infections**
- Wheezing
- **Allergies & asthma**
- Sudden Infant Death
- Gastrointestinal Reflux & --
- infections: ear & gastro**
- Multiple Sclerosis
- **Diabetes**
- **Childhood Cancer**
- Crohn's Disease
- Hodgkin's Disease
- **obesity**

Developmental

- Higher IQ
- Cognitive Development
- Social Development
- **Orofacial** Development
- Speech Development
- **Emotional Quotient**
- Dental Health
- Speech

Health outcomes of breastfeeding

Close body contact between mother and infant during the early postpartum period

- **Enhances and regulates the newborn's**
 - temperature
 - respiration
 - acid-base balance

(Winberg, Dev Psychobiol, 2005)

- **Soothes the infant**

(Widstrom, Early Hum Dev, 1990)

- **Helps prolong the lactation period**

(Winberg, Dev Psychobiol, 2005)
