

NURTURING YOUR BABY THE NATURAL WAY

 PG. 1

To Breastfeed, or Not to
Breastfeed...

 PG. 2

Breastfeeding Benefits:

- ◇ Health & Immunity
- ◇ Nutrition & Digestion

 PG. 3

Breastfeeding Benefits(cont'd):

- ◇ Cost-effective & Convenient
- ◇ Connection

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#BREASTFEEDING



TO BREASTFEED OR NOT TO BREASTFEED...

If you’re a mother or one to be, you’re most likely asking yourself the most common question all mothers face: will I breastfeed or formula feed my baby? And if you’re like all other moms, you’re most likely asking everyone for their opinion and you’re getting all different responses, which is only adding to your confusion. Well, fear not! In this newsletter we are going to touch on the facts of breastfeeding and all it has to offer for you and your baby.

Breastfeeding gives babies a healthy start in life. But it’s not just good for babies— it’s good for moms, too! Research shows that breastfeeding offers plenty of health benefits for babies and mothers, some of which include: lowering infant risk of infection/disease, aiding in digestion, providing all essential nutrients, is cost-effective, convenient, and establishes a relationship between mother and child.

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HEALTH & IMMUNITY

Breastmilk provides a plethora of nutrients that formula cannot, including all protein, carbohydrate, and fat your baby will need to be healthy. Additionally, it contains substances that contribute to your babies immunity including antibodies, immune factors, enzymes and white blood cells. These components protect babies from infection and diseases not only during the breastfeeding period, but long after they're weaned. Studies have indicated that breastfed babies have decreased incidence of ear infections, vomiting, diarrhea, pneumonia, urinary tract infections, certain types of spinal meningitis and even lowers the risk of Sudden Infant Death Syndrome.^[1] Other studies suggest that breastfeeding may reduce the risk for certain allergies, asthma, obesity, and type 2 diabetes.^{[2][3][6]}

Breastfeeding offers plenty of health benefits for mothers as well. Many women have reported that breastfeeding helped them get back to their pre-pregnancy weight more quickly. Additionally, studies have shown that breastfeeding decreases the risk of type 2 diabetes, certain types of breast cancer, and ovarian cancer in mothers.^[5]

NUTRITION & DIGESTION

Breast milk is specifically designed for baby digestion. Colostrum is the first milk secreted after childbirth and is a deep yellow color with a thick consistency. This milk is rich in nutrients and enables newborn's digestive system to grow and function properly. By the third-to-fifth day colostrum changes to mature milk which has enough fat, sugar, water, and protein for babies to continue to grow.^[5]



COST-EFFECTIVE & CONVENIENT

Not sold yet? Well, if you haven't seen standard formula prices in the supermarket perhaps you should take a look! Standard formula cans come in 12.5oz and are priced from \$17-\$18, a price that can quickly add up when you take into account how often a newborn feeds; 1.5-3.0 ounces every 2-3 hours.^[5] That's a lot of scooping and warming up of formula. Why undergo the hassle when your body produces milk for free at the perfect temperature?



CONNECTION

Last, but certainly not least, breastfeeding establishes a connection between you and your child. Skin-to-skin contact from breastfeeding boosts levels of oxytocin which enables breast milk to flow and establishes a sense of calmness for mothers. Physical contact makes babies feel safe, warm, secure, and loved, which I'm sure you want your child to feel otherwise you wouldn't be reading this.^[4]

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When you breastfeed you're giving your baby a healthy start that lasts a lifetime. We hope this newsletter was insightful and provided some answers to your questions.





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