

# Working Together to Promote Breastfeeding

## *Breastfeeding Facts & Benefits*

### **Benefits to Babies**

#### **Who Breastfeed**

##### Nutritional Benefits:

- Provides most complete and optimal mix of nutrients & antibodies
- Keeps pace with infant's growth and changing nutritional needs

##### Health Benefits:

- Protects against stomach upsets, ear infections, respiratory illnesses, allergies, asthma, meningitis, childhood lymphoma, Crohn's disease and ulcerative colitis
- Reduces risk of childhood diabetes and SIDS
- Increases bone density
- Reduces risk of heart disease later in life

##### Developmental Benefits:

- Develops higher IQ's
- Improves brain & nervous system development

##### Emotional Benefits:

- Improves emotional development
- Promotes special warm bonding & emotional relationship with mom

### **Benefits to Moms**

#### **Who Breastfeed**

##### Health Benefits:

- Protects against osteoporosis and hip fracture later in life
- Reduces risk of breast, ovarian and endometrial cancers and anemia
- Helps return mom's body to its pre-pregnancy state faster

##### Cost Benefits:

- Breast milk is free, thus reducing or eliminating the cost of formula
- Breastfed babies are sick less, thus reducing healthcare costs to family and requiring less time-off from work

##### Emotional Benefits:

- Promotes special emotional relationship and bonding with baby

### **Benefits to the**

#### **Environment & Society**

- Reduces cost of healthcare by promoting healthier moms & babies
- Reduces insurance premiums for both parents & employers
- Reduces tax burden on communities & government to ensure children are properly fed
- Reduces absenteeism in the workplace due to children's illness
- Reduces global pollution by decreasing the use of resources and energy required to produce and distribute materials created by the manufacture & use of artificial baby milk

### **Macoupin County**

### **Public Health Department**

*For more information on Breastfeeding or  
Breast pump rental, Contact the WIC office in*

***Gillespie (217)839-2350***

***Carlinville (217)854-7272***

***Girard (217)627-2122***