

Benefits of Breastfeeding

For baby:

1. Breast milk is constantly changing in its composition to meet the changing needs of the baby. It has the exact combination of protein, fats, vitamins, minerals, enzymes, and sugars needed for the human infant at various stages of his growth.
2. It is easy to digest and is absorbed very well.
3. Breastfed babies are rarely constipated.
4. The infants have less chance of having gastrointestinal illness in their first year.
5. The infants have less chance of

having allergic reaction, respiratory or skin illness.

6. It provides the newborn baby proper brain development.
7. It helps prevent tooth decay and increases the infant's oral exercise for a prettier lower jaw.
8. Adults who were breastfed have a lower risk for high cholesterol and asthma.



For Mother:

1. It bonds mother and baby.
2. It helps the mother's uterine contraction and lessen the risk of postpartum hemorrhage.
3. It burns energy to help the mom maintain a good figure.
4. Breastfeeding for at least 6 months lessen their chances of pre-menopausal breast cancer.
5. Osteoporosis and cervical cancer are less common in women who breastfeed.
6. The return of fertility is delayed with breastfeeding..
7. Breast milk is fresh, clean, the right temperature, economical and easy to feed.
8. Many mothers feel a special

satisfaction in knowing that they alone are meeting the nutritional needs of their babies.



The advantages of breast-feeding are numerous. Breast milk is ultimately the best source of nutrition for a newborn baby. Many components in breast milk help protect your baby against infection and disease. The proteins in breast milk are more easily digested than in formula or cow's milk.

The calcium and iron in breast milk are also more easily absorbed. And scientific studies have shown that breast-feeding is good for *your* health, too.

The WHO recommends exclusive breastfeeding for the first six months of life, after which "infants should receive

nutritionally adequate and safe complementary foods while breastfeeding continues up to two years of age or beyond."



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哺餵母乳的好處
(英文版)

Modern Medicine
Traditional Care