

# 101 Reasons to Breastfeed

1. The American Academy of Pediatrics recommends breastfeeding as the optimal nutrition for infants
2. The American Dietetic Association promotes breastfeeding
3. Breast milk is more digestible than formula
4. Breastfeeding reduces a mother's risk of breast cancer
5. Baby's suckling helps shrink mother's uterus to pre-pregnancy size after childbirth
6. Formula feeding increases baby girls' risk of developing breast cancer in later life
7. Formula Feeding is associated with lower I.Q.
8. Breast milk is always ready and comes in a nicer package than formula
9. Breast milk helps pass meconium
10. Breast milk contains immunities to diseases and aids in the development of baby's immune system.

## 11. Breastfeeding satisfies baby's emotional needs and increases bonding between mother and baby

12. Breast milk provides perfect infant nutrition
13. Breastfeeding reduces a mother's risk of developing ovarian cancer
14. Recommended by the World Health Organization & UNICEF
15. Breastfeeding protects against Crohn's disease (intestinal disorder)
16. Formula-fed babies are more at risk for obesity and being over-weight in later life
17. Formula feeding increases risk of children developing diabetes

## 18. Breastfeeding helps decrease insulin requirements in diabetic mothers

19. Breastfeeding may help stabilize progress of maternal endometriosis

20. Breastfed babies have less chance of cardiopulmonary distress while feeding

## 21. Baby's suckling helps prevent post-partum hemorrhage in mother

22. Breastfeeding reduces a mother's risk of developing endometrial cancer
23. Formula feeding increases chances of baby developing allergies
24. Breast milk lowers risk of baby developing asthma
25. Formula feeding increases baby's risk of otitis media (ear infections)
26. Formula feeding may increase risk of sudden infant death syndrome (SIDS)
27. Breastfeeding protects baby against diarrheal infections
28. Breastfeeding protects baby against bacterial meningitis
29. Breastfeeding protects baby against respiratory infections
30. Formula fed babies have a higher risk of developing certain childhood cancers
31. Breastfeeding decreases chances of developing rheumatoid arthritis
32. Pre-term milk is specially designed for premature infants
33. Breastfeeding decreases child's chances of contracting Hodgkin's disease
34. Nursing helps mom lose weight after baby is born
35. Breastfeeding protects baby against some vision defects
36. Breastfeeding decreases chances of osteoporosis
37. Breast milk aids in proper intestinal development
38. Cow's milk is an intestinal irritant
39. Breastfed babies have less chance of developing ulcerative colitis
40. Breast milk protects against hemophilus b. bacteria
41. Breastfed babies require shorter pre- and post-surgical fasting

42. Breastfeeding results in less sick days for parents
43. Breastfeeding enhances vaccine effectiveness
44. Breastfed babies have less chance of developing necrotizing enterocolitis
45. Breastfeeding contributes to optimal child spacing
46. Breastfeeding is easier than using formula
47. Breast milk is free
48. Formula is expensive
49. Formula costs the government (and taxpayers) millions of dollars
50. Breastfed babies require fewer doctor visits
51. Breast milk always has the right proportions of fat, carbohydrates and protein
52. Breast milk acts like a natural tranquilizer for baby
53. Breastfeeding acts like a natural tranquilizer for mom
54. Breast milk tastes better than formula
55. Breastfed babies are healthier over-all
56. Breastfed babies are less likely to die before their third birthday
57. Breast milk is always the right temperature

## 58. Breastfeeding mothers spend less time and money on doctor visits

59. Fewer waste packaging products
60. No bottles to tote
61. Breastfeeding may lower the risk of developing high cholesterol
62. No need to refrigerate
63. Cow's milk is designed for baby cows, while human milk is designed for human babies
64. Breast milk aids in the proper development of a baby's gastrointestinal tract
65. Breast milk provides natural pain relief for baby
66. Human milk is the perfect food for a sick infant
67. Breastfeeding protects mothers against anemia (iron deficiency)
68. Breastfeeding mothers spend less money on menstrual supplies
69. A breastfeeding mom gets more sleep
70. Babies that nurse are happier at night

71. More sleep for dad
72. Less equipment to maintain and store
73. Less equipment to buy

## 74. Breast milk has never been recalled due to manufacturing problems

75. Fresh breast milk is never contaminated with bacteria
76. No need to worry about which brand is better
77. No need to worry about adding contaminated water
78. Breastfed babies get fewer stomach infections
79. Less chance of baby getting eczema
80. Breastfed babies have great skin
81. Less spit-up
82. Breastfeeding is better for premature infants
83. Breast milk contains no genetically engineered materials
84. Breast milk contains no synthetic growth hormones
85. Lack of breastfeeding associated with multiple sclerosis in later life
86. Less chance of inguinal hernia
87. Better cognitive development for low birth weight babies
88. Better social development
89. Decreased risk of baby developing urinary tract infections
90. Suckling optimizes hand-to-eye coordination
91. Breastfeeding is a self confidence booster for mom
92. Facilitates proper dental and jaw development
93. Breastfed babies have less tooth decay
94. Less money spent on corrective orthodontia
95. Better speech development
96. Breast milk may help combat eye infections
97. Breastfeeding may lower blood pressure in childhood
98. No worry about latest ingredient discovered to be missing from formula
99. Much nicer diaper changes
100. Breastfed babies smell fantastic

## 101. It's what breasts were designed for!

*Written by Leslie Burby at ProMoM.com*