

Research shows breastfeeding helps protect against...

- ✓ Systemic infections
- ✓ Diarrheal disease
- ✓ Parasites
- ✓ Rotavirus (virus that causes inflammation of the stomach and intestines)
- ✓ Ear infections
- ✓ Lower respiratory tract infection
 - ✓ Urinary tract infections
 - ✓ Asthma and allergies
- ✓ Necrotizing enterocolitis (common in premature infants)
- ✓ Sudden infant death syndrome (SIDS)

Your breastmilk is the only substance that can change to meet your babies' growth and health needs

Importance to the mother



Studies show that mothers who breastfeed have reduced risk of...

- ✓ Osteoporosis
- ✓ Pre- and post-menopausal breast cancer
- ✓ Ovarian cancer
- ✓ PPD-Postpartum depression

- ❖ Breastfeeding is comparatively free, 6 months of formula cost anywhere from \$429-\$1,662 or more
- ❖ If 90% of U.S. mothers exclusively breastfed till the recommended age of 6 months, the U.S would save \$13 billion per year in medical expenses from treating infants fed formula,

Also preventing an estimated 911 deaths a year



Make by Rachel Ledden

3/7/18

Visit us at www.mammaoiler.com

IMPORTANCE OF BREASTFEEDING: IT'S NOT JUST BENEFICIAL, BREASTFEEDING SAVES LIVES

Worldwide the risk of death is 25 times higher if infants are not exclusively breastfed, and yet only 38% of infants across the entire globe are exclusively breastfed

The World Health Organization recommends exclusive breastfeeding a minimum of six month