



Breastfeeding benefits for mom and baby

Getting ready for the birth of your baby is an exciting and busy time and one of the most important decisions you will make is how to feed your baby. It's a personal decision only you can make, but the benefits for both you and your baby are seemingly endless.

Let's take a look at the benefits for your baby

Nutrition

Breast milk provides all the nutrients, calories and fluids for your baby's health. As your baby grows, your breast milk will change to meet your baby's nutritional needs. It supports your baby's brain development and growth and is easiest for your little one to digest. It will also help your baby to gain weight healthily, and not become obese.

Antibodies

Your breast milk is loaded with antibodies that help your baby fight off viruses and bacteria, which is critical in those tender, early months.

Protection

Breastfeeding can help protect your baby against some short - and long-term illnesses and diseases. It can lower your baby's risk of asthma, obesity, type 1 diabetes, and sudden infant death syndrome (SIDS). It will also reduce your baby's chances of having ear infections and stomach bugs.

Convenience

You can breastfeed your baby anytime and anywhere, without worrying about having to mix formula or prepare bottles. When traveling, breastfeeding can also provide a source of comfort for your baby whose normal routine is disrupted.



Breastfeeding also has numerous health benefits for you too! Let's take a look...

Health

Breastfeeding can reduce your risk of breast and ovarian cancer, type 2 diabetes, and high blood pressure.

Lose weight

Breastfeeding burns extra calories each day, helping you return to your pre-pregnancy weight quicker.

Lowers risk for depression

Women who breastfeed seem less likely to develop postpartum depression (PPD), compared to mothers who wean early or do not breastfeed.

It creates a unique bonding experience

Feeding your baby will provide snuggle time and the physical, skin-to-skin contact of nursing helps create a special bond between you and your baby. Your baby will be comforted by the scent of your skin, the sound of your heartbeat and even the flavour of your milk.

Whatever you decide to do, know that you are not alone. Remember that at Platinum Health we have midwives available at all our medical facilities who you can talk to if you have any questions or need guidance.