

Breastfeeding Benefits

Choosing to feed your baby with breastmilk has significant positive health impacts for both moms and babies! It is the perfect first food for your baby containing all essential nutrients and nutrition to allow your baby to grow and thrive.



Nature's medicine

Breastmilk also has the *unique* capability to protect your baby from illnesses. Messages travel through infant saliva directly into the breast to formulate the infant's "just right" milk for them.

It helps moms with postpartum recovery, infant bonding, and reduces the likelihood of some cancers including ovarian and breast cancer.

Research has shown that skin to skin contact with your baby helps to stabilize them after delivery. Positive health impacts of breastfeeding include:

- Stabilized infant breathing and respirations
- Regulated infant temperature when skin to skin
- Positive emotional mindset and bonding
- Optimal infant brain development
- Reduced incidence of Sudden Infant Death Syndrome (SIDS)
- Reduced risk of chronic diseases such as: asthma, obesity, diabetes, and leukemia
- Protection from illnesses such as: ear Infections, diarrhea, pneumonia, and stomach bugs
- Reduced gastrointestinal infections (GI) and Necrotizing Enterocolitis (NEC)
- Reduced allergies and eczema

Research studies have shown that exclusively breastfed infants have a reduced possibility of Sudden Infant Death Syndrome (SIDS) when compared to infants that are fed with formula. Safe sleep practices also play a vital role in reducing the rate of SIDS.

Why breastfeeding matters

Breastfeeding releases hormones that help with:

- Infant bonding
- Relaxation and sleep for both mom and baby (but don't forget to sleep when your baby sleeps!)
- And reduced risk of postpartum depression

Breastfeeding is convenient, cost effective, and "green"

Superheros don't always wear capes and sometimes wear babies

- Investing in a lactation appointment after delivery can help save money in the long run since formula costs are high
- Breastmilk is always "in stock" and at the correct temperature
- Known as "green-feeding" because of zero environmental impact or carbon footprint and without waste

Breastfeeding endures

- Breastfeeding has been accepted as the way to nourish your baby since the beginning of time
- There is a current movement to "normalize" breastfeeding
- New clothing and pump options have made breastfeeding easier
- Laws are in place to protect the right to breastfeed or pump at work and the ability to engage in public outings and events

At Almara, our Lactation Consultant's role is to provide up to date and research-based knowledge to you along your journey as a parent, and to support and respect your medical decisions. We would like to help you meet your breastfeeding goals in a comfortable environment that you trust.