



The Importance of Breastfeeding



Babies who are breastfed, compared to those who are fed with formula, are less likely to suffer from ear infections, diarrhea, allergies, obesity, or develop diabetes.



Breastfeeding helps you to recover faster from labor and delivery, by helping your uterus return to its pre-pregnancy size. Breastfeeding will also help you lose the pregnancy weight more quickly. It also decreases your chances of getting certain types of cancer, heart disease, and reduces your risk of diabetes.



It is a cheaper option, as you do not have to buy formula or other packaged items.

Will I have milk as soon as my baby is born?

- Yes. You will first make colostrum which is thick and yellow, but has lots of antibodies, proteins and vitamins to protect your baby, especially in the first few days. You may only make a small amount of colostrum but it is enough to nourish your baby.
- The more you breastfeed, the more milk your body will make. Especially when your baby is growing faster around the first seven to ten days, two to six weeks, and three months.



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