



Breastfeeding



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MommyWise

A program of the Indiana Rural Health Association



What is Breastfeeding?

Breastfeeding is the process of feeding a baby with a woman's own milk directly from the breast. The Center for Disease Control (CDC) describes breastfeeding as the best possible nutrition for babies, whereas a mother's milk is best matched to her infant. If a woman uses a breast pump and feeds her child using bottles, this is still considered breastfeeding as well. It is their recommendation that babies are breastfed until the age of 6 months minimum.

Benefits for Baby

Per the CDC, breastfeeding has been shown to have a number of benefits for a baby, including reducing risk for:

- Asthma
- Obesity
- Type 1 Diabetes
- Ear Infections
- Sudden Infant Death Syndrome (SIDS)
- GI Infections

Benefits for Mom

Per the CDC, breastfeeding has been shown to have a number of benefits for mom, including reducing risk for:

- Ovarian Cancer
- Breast Cancer
- Type 2 Diabetes
- High Blood Pressure

Breastfeeding also helps increase postpartum weight loss, as milk production increases your metabolism significantly.



Sometimes there are challenges...

Breastfeeding isn't always an easy journey, and some women face challenges when it comes to feeding their babies. This can happen due to a number of reasons, including cracked nipples, low milk production, mastitis (breast infection), and clogged milk ducts, to just mention a few.

If possible, connect with your local doctor's office or hospital to be connected to a lactation specialist; these professionals are trained to help support mothers in their breastfeeding journey. And no matter the outcome, it is important to remember that having a fed baby, whether that is through breastfeeding, formula, or a mix of both practices, is what is most important.

We wish you all the best on your journey!

