Breastfeeding 101

1. The Canadian Paediatric Society and the American Academy of Pediatrics recommend it.
2. Breastfeeding promotes bonding between mother and baby.
3. Breastfeeding satisfies baby’s emotional needs.
4. Breastmilk provides perfect infant nutrition.
5. Breastfeeding decreases mother’s risk of breast cancer.
7. Breastfeeding is associated with higher I.Q.
8. Breastmilk is always ready and comes in a nicer package than formula does. Need we say more?
9. Breastfed babies have better motor development.
10. Breastmilk contains immunities to diseases and assists in the development of baby’s immune system.
11. Breastmilk is more digestible than formula.
12. Baby’s suckling helps shrink mother’s uterus after childbirth.
14. Nursing helps mom lose weight after baby is born.
15. Pre-term milk is specially designed for premature infants.
17. Breastfeeding protects against Crohn’s disease.
20. Breastfeeding may help stabilize progress of maternal endometriosis.
22. Breastfeeding decreases mother’s risk of developing endometrial cancer.
23. Breastfeeding decreases chances of baby developing allergies.
24. Breastmilk dramatically lowers the risk of baby developing asthma.
25. Breastfeeding decreases baby’s risk of ear infections.
27. Breastfeeding protects baby against diarrhoeal infections.
28. Breastfeeding protects baby against bacterial meningitis.
29. Breastfeeding protects baby against respiratory infections.
30. Breastfed babies have a lower risk of developing certain childhood cancers.
31. Breastfeeding decreases chances of juvenile rheumatoid arthritis.
32. Breastfed babies are less likely to contract Hodgkins disease.
33. Breastfeeding protects baby against vision defects.
34. Breastfeeding decreases chances of osteoporosis.
35. Breastmilk assists in proper intestinal development.
36. Cow’s milk is an intestinal irritant.
37. Breastfed babies are less likely to become obese later in life.
38. Breastfed babies have less chance of cardiopulmonary distress while feeding.
39. Breastfed babies have less chance of developing ulcerative colitis.
40. Breastmilk protects against hemophilus infections.
41. Breastfed babies require shorter pre and post-surgical fasting.
42. Breastfeeding results in less sick days for working parents.
43. Breastfeeding enhances vaccine effectiveness.
44. Breastfed babies have less chance of developing necrotizing enterocolitis.
45. Breastfeeding helps delay the return of fertility.
46. Breastfeeding is easier than using formula.
47. Breastmilk is free.
48. Formula is expensive.
49. Formula costs tax payers millions of dollars.
50. Breastmilk is always the right temperature.
51. Breastmilk always has the right proportions of fat, carbohydrates and protein.
52. Breastmilk makes for more contented babies.
53. Breastfeeding makes for happier moms, too.
54. Breastmilk tastes better than formula.
55. Breastfed babies are healthier.
56. Breastfed babies are less likely to die before their third birthday.
57. Breastfed babies require fewer doctor visits.
58. Breastfeeding mothers spend less time and money on doctor visits.
59. Breastfed babies don’t leave any garbage behind.
60. Breastfeeding means no bottles to tote.
61. Breastfeeding means fewer cow-induced global greenhouse gasses.
62. Breastmilk doesn’t need to be refrigerated.
63. Cow’s milk is designed for baby cows.
64. Human milk is designed for baby humans.
65. Breastmilk provides natural pain relief for baby.
66. Breastmilk provides the perfect food for sick baby.
67. Breastfeeding means more sleep for baby.
68. Breastfeeding means more sleep for mom.
69. Breastfeeding means more sleep for dad.
70. Breastfeeding means less equipment to buy.
71. Breastfeeding means less equipment to maintain and store.
72. Breastmilk has never been recalled.
73. With breastmilk there’s no need to worry about bacterial contamination.
74. With breastmilk, there’s no need to worry about which brand is better.
75. With breastmilk, there’s no need to worry about adding contaminated water.
76. Breastfeeding helps reduce cruelty to farm animals.
77. Breastfeeding facilitates proper dental and jaw development.
78. Breastfed babies get fewer cavities.
79. Breastfeeding means less money spent on corrective orthodontia.
80. Breastfeeding means better speech development.
81. Breastfeeding means less chance of baby getting eczema.
82. Breastfed babies have great skin.
83. Breastfed babies spit up less.
84. Spit-up breastmilk is easier to clean up than formula.
85. Breastmilk contains no genetically engineered ingredients.
86. Breastmilk contains no synthetic growth hormones.
87. Lack of breastfeeding is associated with multiple sclerosis in later life.
88. Breastfeeding means less chance of inguinal hernia.
89. Breastfeeding means better cognitive development.
90. Breastfeeding means better social development.
91. Breastfeeding decreases risk of baby developing urinary tract infections.
92. Suckling optimizes hand-to-eye coordination.
93. Breastfeeding protects babies against iron deficiency.
94. Breastfeeding moms spend less money on menstrual supplies.
95. Breastfeeding is a self-confidence booster for mom.
96. Breastmilk may help combat eye infections.
97. Breastmilk may be a good natural antibiotic for wounds.
98. Breastfeeding means no worries about the latest ingredient discovered to be missing from formula.
99. Breastfed babies have much sweeter smelling diapers.
100. Breastfed babies smell fantastic.
101. Breastfeeding is what breasts were designed for!