



# Benefits of Breastfeeding

And the risks of supplementing the healthy term newborn



unitedregional

Human milk is superior to all artificial baby milk and was made for the newborn infant. Current research shows that breastfeeding and human milk provides advantages to the infant such as overall all superior health, growth and development, while significantly decreasing the risk for a large number of acute and chronic diseases that can last a lifetime.

## EXCLUSIVELY BREASTFEEDING:

- Encourages early milk production (*supplementation delays milk production*)
- Decreases the chance of jaundice
- Provided better weight gain
- High protein levels in colostrum have a stabilizing effect on blood sugar

## REASONS TO AVOID SUPPLEMENTATION:

- Artificial infant formula increases the risk of diarrhea, respiratory tract infections, ear infections and SIDS (Sudden Infant Death Syndrome).
- Cow's milk formula and soy formulas can set up a potential allergic response.
- The suck on a bottle is different from the suck on a breast. A breastfed baby can develop a "nipple preference" and have difficulty latching on to the breast.
- The flow from the bottle is faster than the flow from the breast. A breastfed baby can develop a "flow preference" refuse the breast or become frustrated at the breast.

When supplementation is necessary, it is usually temporary and can be done safely by methods other than a bottle.

Babies are born to breastfeed!

## DO YOU HAVE QUESTIONS OR CONCERNS?

---



---



---



---



---



---



# Got colostrum?

## IT'S LIQUID GOLD



It's all they need!

*We support your decision to exclusively breastfeed your baby.*

- We will make sure your baby stays with you as much as possible by rooming-in.
- We will provide lactation support to you 24 hours a day. All nurses are trained to assist with breastfeeding, and we also have a lactation consultant available most days for consultation from 8 a.m. to 4 p.m.
- We want you to know that you have all that your baby needs. You have colostrum! It is available now, on your baby's birthday. You only have a small amount because that is all your baby needs. It is like liquid gold, full of nutrients and immunities that your baby needs.
- Don't worry, when your baby needs more your body will make more. Your milk will increase fully within the next few days.
- Please call us anytime you need help!



- Colostrum is concentrated milk
- New babies only need small amounts of milk
- Colostrum is the perfect nutrition for babies; it's free and ready to use on baby's birthday

Babies are  
born to  
breastfeed!