

BREASTFEEDING BENEFITS: **FROM TOP TO BOTTOM!**

Breastfeeding is good for every part of baby's body – from the brain to the diaper area. Here's a list:

- **Brain** – Higher IQ in breastfed children. Cholesterol and other types of fat in human milk support the growth of nerve tissue.
- **Eyes** – Visual acuity is higher in babies fed human milk.
- **Ears** – Breastfed babies get fewer ear infections.
- **Mouth** – Less need for orthodontics in children breastfed more than a year. Improved muscle development of face from suckling at the breast. Subtle changes in the taste of human milk prepare babies to accept a variety of solid foods.
- **Throat** – Children who are breastfed are less likely to require tonsillectomies.
- **Respiratory System** – Evidence shows that breastfed babies have fewer and less severe upper respiratory infections. less wheezing, less pneumonia, and less influenza.
- **Heart and Circulatory System** – Evidence suggests that breastfed children may have lower cholesterol as adults. Heart rates are lower in breastfed infants.
- **Digestive System** – Breastfed babies respond better to vaccinations. Human milk helps to mature baby's own immune system. Breastfeeding decreases the risk of childhood cancer.
- **Endocrine System** – Reduced risk of getting diabetes.
- **Kidneys** – With less salt and less protein, human milk is easier on the baby's kidneys.
- **Appendix** – Children with acute appendicitis are less likely to have been breastfed.
- **Urinary Tract** – Fewer infections in breastfed infants.
- **Joints & Muscles** – Juvenile rheumatoid arthritis is less common in children who were breastfed.
- **Skin** – Less allergic eczema in breastfed infants.
- **Growth** – Breastfed babies are leaner at one year of age and less likely to be obese later in life.
- **Bowels** – less constipation. Stools of breast fed babies have a less-offensive odor.

For more information on Breastfeeding contact La Leche League 585-275-5151, www.llli.org or Rochester Area Birth Network 585-234-0022. www.rabn.org Also available from LLL or RABN By postal mail: "How long should I nurse my baby? , & "How do I know if my baby is getting enough?"