

101 Reasons to Recommend Breastfeeding*



1. The American Academy of Pediatrics recommends it.
2. Promotes bonding between mother and baby.
3. Satisfies baby's emotional needs.
4. Provides perfect infant nutrition.
5. Decreases mother's risk of breast cancer.
6. Lower risk of breast cancer for women who were breastfed as infants.
7. Higher IQ.
8. Always ready at the right temperature and no need for mixing.
9. Helps pass meconium.
10. Provides immunities to diseases.
11. Aides in development of baby's immune system.
12. Easier to digest than formula.
13. Helps the mother's uterus return to normal size after childbirth.
14. Helps prevent postpartum hemorrhage.
15. Makes it easier to lose weight postpartum.
16. Is especially good for premature infants.
17. World Health Organization and UNICEF recommend it.
18. Protects against Crohn's disease (intestinal disorder).
19. Lowers the risk of developing childhood diabetes.
20. Reduces the amount of insulin required by diabetic mothers.
21. May help slow the progress of endometriosis.
22. Decreases the mother's risk of ovarian cancer.
23. Decreases the mother's risk of endometrial cancer.
24. Reduces the baby's chance of developing allergies.
25. Lowers the baby's risk of developing asthma.
26. Decreases the baby's risk of ear infections during the first year of life.
27. Lessens the risk of sudden infant death syndrome
28. Protects against diarrhea

29. Protects against bacterial meningitis.
30. Protects against respiratory infections.
31. Decreases the risk of certain childhood cancers –leukemia and lymphoma.
32. Lowers the chance of developing childhood arthritis
33. Decreases the chance of developing Hodgkin's disease.
34. Aids in the development of the retina for better vision
35. Lessens the risk of developing osteoporosis later in life.
36. Aids in proper intestinal development.
37. Doesn't expose the baby to the intestinal irritants found in formula.
38. Lowers the risk for obesity in later life.
39. Reduces cardiopulmonary distress while feeding.
40. Lowers the risk of developing ulcerative colitis (an intestinal disorder).
41. Protects against hemophilus influenzae.
42. Requires shorter periods of fasting (no food or liquids) if the breastfed baby has to have surgery.
43. Parents of breastfed babies miss fewer days of work to care for a sick child.
44. Enhances vaccine effectiveness.
45. Reduces the risk of developing necrotizing enterocolitis (a serious intestinal infection common among premature hospitalized infants).
46. Can be a natural way of child spacing if exclusively breastfeeding.
47. Requires less work - no bottles to wash, no mixing and measuring.
48. Saves the family money – breastfeeding for one year is estimated to be equivalent to the price of a major appliance.
49. Avoids the need for special formulas.
50. Saves taxpayers millions of dollars in money not spent for formula.
51. Is always at exactly the right temperature.
52. Has the right proportion of fat, carbohydrates, and protein.
53. Acts as a natural tranquilizer for the baby.
54. Causes the release of hormones that help the mother to feel relaxed.
55. Tastes better than formula.

56. Introduces the baby to a variety of scents and flavors – preparing the baby to accept a variety of foods once solids are started.
57. Helps babies recover from diseases if they do become ill.
58. Reduces the number of doctor visits and associated expenses since breastfed babies are healthier and sick less often.
59. Doesn't pollute the environment– no cans, wrappers, disposable bottles,
60. Is more portable – no extra equipment needed.
61. Saves electricity – refrigeration not necessary (except for pumped milk.)
62. Is species specific (human milk designed for human babies).
63. Provides natural pain relief for baby.
64. Is the perfect food for a sick baby – gentle and non-irritating.
65. Allows mom to get more sleep. No bottle to heat in the middle of the night.
66. Requires less equipment to maintain and store.
67. Unlike formula, has never been recalled by the FDA.
68. Fresh breast milk is never contaminated with bacteria.
69. Can't be exactly duplicated by any known formulas currently on the market.
70. Eliminates worry about contaminated water supplies.
71. Facilitates proper dental and jaw development.
72. Lowers the risk of dental cavities.
73. Decreases the need for orthodontic treatment.
74. Helps the development of speech.
75. Less chance of eczema.
76. Causes the baby to have soft, smooth feeling skin.
77. Causes fewer and shorter-term problems with GI reflux.
78. Easier to clean up and doesn't stain like formula.
79. Contains no genetically engineered materials as in soy-based formulas.
80. Contains no synthetic growth hormones, theoretically possible in cow milk.
81. Decreases the risk of multiple sclerosis in later life.
82. Reduces the incidence of inguinal hernias.
83. Improves psychomotor and social development.
84. Decreases the risk of developing urinary tract infections.

85. Optimizes hand to eye coordination.
86. Protects the mother against anemia since exclusive breastfeeding delays the return of menses, a common cause of iron loss.
87. Boosts mom's confidence by seeing how healthy her baby is from milk produced by her body.
88. Nicer diaper changes – the smell of bowel movements of breastfed is not offensive.
89. Babies smell better – no lingering sour smell of formula.
90. Helps teen moms feel a sense of maturity and establish self as a mother.
91. Lowers Medicaid costs since breastfed babies are healthier and recover faster if they do become ill.
92. Lowers the mother's blood pressure during nursing.
93. Reduces expenses for companies – employees are away from work fewer days if the infant is breastfed and there are fewer insurance claims.
94. Avoids the problem of “baby bottle tooth decay”.
95. Teens who were breastfed as infants had lower blood pressure than teens who received formula as infants.
96. Is easier to manage during natural disasters – floods, tornadoes, ice storms
97. Ensures that mom and baby spend quality time together each day.
98. Naturally adjusts to the baby's changing nutritional needs.
99. Helps a mom regain her pre-pregnancy body shape.
100. Decreases family stress, as healthy babies are less fussy than sick ones.
101. Completes the cycle of childbearing

(Adapted from “101 Reasons to Breastfeed Your Child “ by Leslie Burby in ProMOM)