

**THE BENEFITS OF BREASTFEEDING**

<p><b>Benefits for Mum</b></p>		<p><b>Benefits for Baby</b></p>
<p><b><u>Contraception</u></b> Breastfeeding has a contraceptive effect. When a mother is fully breastfeeding her baby, it can delay the return of fertility and may provide as much as 98% protection from pregnancy in the first six months (Kennedy et al)</p>		<p><b><u>Infectious illness</u></b> There is no doubt that breastfeeding provides significant protection from infectious illnesses. In particular, gastro-enteritis, pneumonia, meningitis, respiratory infections, otitis media and urinary tract infections.</p>
<p><b><u>Ovarian Cancer</u></b> Breastfeeding is associated with a decreased risk of ovarian cancer. Two years or more of total breastfeeding experience reduces the risk of ovarian cancer by 70%.</p>		<p><b><u>Breastfeeding protective effect.</u></b> Extends beyond the first 3 months of life. Reduced severity and duration of illness are positive results among those breastfeeding infants who do become ill.</p>
<p><b><u>Osteoporosis</u></b> Breastfeeding is associated with a decreased risk of osteoporotic fractures of the hip. For example, twelve months of breastfeeding reduces the risk of osteoporotic hip fractures by 30%.</p>		<p><b><u>Allergy</u></b> Breastfeeding provides protection against allergic diseases, in particular, eczema, asthma and food allergy. The protection is optimised for 4-6 months, with delayed introduction of solids until 6 months. It is easily digested than milk from other animals.</p>
<p><b><u>FREE</u></b> Breastmilk is free, always fresh and immediately available with no preparation required.</p>		<p><b><u>Asthma</u></b> Children aged 6 yrs, were more likely to be asthma sufferers if they had not been exclusively breastfed for at least 4 months, regardless of their mother's asthma status.</p>
<p><b><u>REDUCED</u></b> Cardiovascular disease</p>		<p><b><u>Sudden Unexpected death in Infancy</u></b> The New Zealand Cot Death Study demonstrated an association between not breastfeeding and increased incidence of cot death.</p>
<p><b><u>BURNS CALORIES</u></b> The ongoing production of milk in the mother burns calories.</p>		<p><b><u>Childhood Cancer</u></b> Breastfeeding is associated with a decreased risk of childhood lymphoma.</p>
		<p><b><u>Insulin Dependent Diabetes Mellitus</u></b> Breastfeeding provides some protection against insulin dependent diabetes. One study demonstrated that greater than 12 months breastfeeding reduces the risk by 50%/</p>
		<p><b><u>Other protection</u></b> Less inflammatory bowel disease, pyloric stenosis, retinopathy of prematurity, improved IQ, increased neurological development, less obesity, better dental health, reflux, Tonsillectomy, Multiple Sclerosis, Breast Cancer &amp; Schizophrenia.</p>