



Benefits of breastfeeding

- **One week** of breastfeeding provides millions of antibodies to protect your baby from illness.
- **Two weeks** of breastfeeding helps your baby have less gas and colic. Proteins in breast milk are easier to digest than formula.
- **Three to four months** of breastfeeding will reduce your baby's risk of sudden infant death syndrome (SIDS).
- The Centers for Disease Control and Prevention (CDC) recommends exclusive breastfeeding up to six months; after, breast milk with complimentary foods through 12 months or beyond if desired by mom and baby.

More benefits of breastfeeding:

- Six months of breastfeeding shows a 15-20 percent reduction risk of childhood leukemia.
- Six months of breastfeeding gives your baby a 63 percent lower risk of developing a serious cold, or ear and throat infection.
- 10 months of breastfeeding reduces risk of future obesity by 40 percent.
- Breastfeeding at first gluten exposure gives your baby a lower risk of developing a gluten intolerance.

Benefits for the Mother

- Decreases the risk of ovarian and pre-menopausal breast cancers
- Reduces osteoporosis
- Reduces the risk of postpartum bleeding
- Helps mothers lose weight after delivery, and reduces the risk of long-term obesity

The cost of formula is between \$1,200 and \$1,500 a year. Breastfeeding is FREE!



Madison Hospital is designated as a baby-friendly hospital by Baby-Friendly USA. Learn more about our free breastfeeding classes and support groups at madisonALhospital.org.