How you feed your baby is one of the most important decisions you make as a parent. As you decide:

◆ Know the facts about breastfeeding and formula feeding
◆ Talk about your concerns
◆ Get your questions answered
◆ Sort out your feelings

You should feel good about your choice. It should feel right for you and your family.

Whatever you decide, your health care providers will give you the information and support you need.

Did you know?

◆ Breastfeeding is the healthiest way to feed your baby.
◆ Breastmilk is a living fluid that changes at every feeding as your baby grows. Breastmilk meets all your baby’s nutritional needs for first 6 months of life.
◆ Breastfeeding teaches your baby to eat when hungry and stop when satisfied.
Feeding Your Baby
Did you know?

◆ The longer you breastfeed, the more you protect your baby’s health — now and later in life. Breastfeeding gives your baby’s intestines a protective coating. This helps your baby fight harmful bacteria and viruses. Breastfeeding protects your baby from:
  ◆ ear infections  
  ◆ chest infections  
  ◆ bladder infections  
  ◆ upset stomach, diarrhea and vomiting

Breastfeeding may protect your baby from heart disease and high blood pressure later in life.

◆ There are unique fats found in breastmilk that boost brain power.

◆ Breastfeeding protects YOUR health, too. It reduces your chances of getting postpartum depression, breast cancer, ovarian cancer, diabetes, osteoporosis and other health problems.

◆ Breastfeeding strengthens the bond between you and your baby. The warmth, comfort and eye contact you share while breastfeeding will help you and your baby grow close.
Feeding Your Baby
Did you know?

◆ Breastmilk contains 200+ active live components that protect your baby’s health. That’s why babies who are not breastfed:
  ◆ may be sick more often
  ◆ have less protection from childhood cancers, bowel diseases and diabetes
  ◆ are at higher risk of SIDS (sudden infant death syndrome) or crib death

Liquid and powder formulas do contain nutrients. But they do not offer the same protection as breastmilk.

◆ Formula feeding is inconvenient.
  ◆ You will need to clean all the equipment you use — nipples, bottles and utensils — in hot soapy water and then sterilize everything in boiling water.
  ◆ Unless you are using a ready-to-serve formula, you will need to boil the water you use to prepare formula. Even bottled water needs to be boiled to be safe for making formula.

If you breastfeed at some feedings and give formula at other feedings, you will make less breastmilk.
Feeding Your Baby
Did you know?

◆ Formula is not always safe.
  ◆ Powdered formula may have bacteria that can cause serious illness.
  ◆ Your baby can become sick from a mistake made when formula is manufactured, stored or prepared.
  ◆ All plastic feeding bottles may not be safe. Plastic bottles before 2010 should not be used as they may contain BPA (bisphenol A), an industrial chemical.

◆ Formula feeding is expensive. You will need to buy the formula and the equipment you need to prepare it. There are also costs to the environment.

For more information:

◆ Talk with your health care provider
◆ Connect with a local mother-to-mother support group
◆ Join our Facebook and Twitter groups and visit: www.babyfriendlynl.ca

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