

# Feeding Your Baby

## “So... You have a Decision to Make”

**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.**



*Photo credit: Malin Enstrom*

## 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.



**Baby-Friendly**  
Newfoundland & Labrador



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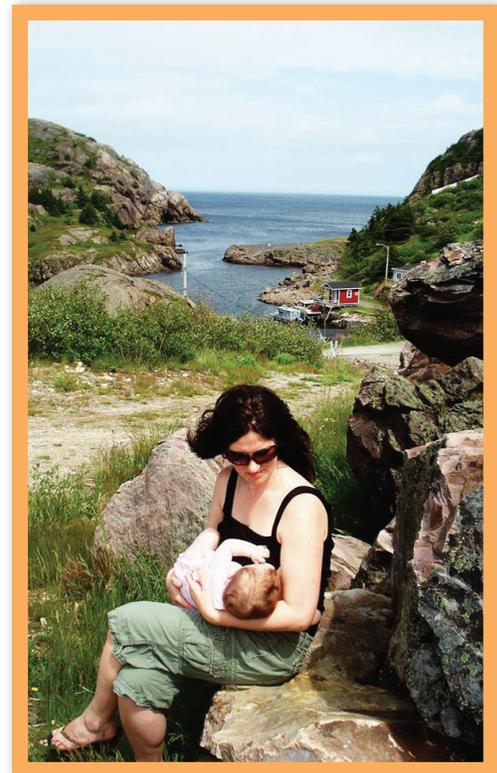
## Did you know?

◆ **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.



*Photo credit: Rhonda Roebotham*



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## 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.**



*Photo credit: Judy Voisey*



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## 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.



Photo credit: Katelyn Hefler

- ◆ **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](http://www.babyfriendlynl.ca)

