

Benefits of Breastfeeding Your Baby



Decreased risk of:

- 😊 Breast Cancer, especially Invasive and Premenopausal Breast Cancer
- 😊 Cardiovascular Disease (Heart Disease) later in life
- 😊 Type 2 Diabetes issues, usually progression from gestational diabetes
- 😊 Hypertension and subsequent strokes
- 😊 Ovarian Cancer and Thyroid Cancer
- 😊 Postpartum blood loss
- 😊 Postpartum Depression and stress
- 😊 Fertility with exclusive breastfeeding (4-6 months average)

Increased:

- 😊 Protection against Osteoporosis in later life
- 😊 Collective benefits, especially if Mom breastfeeds past 6 months to 2 years for each of her children
- 😊 Bonding between Mom and Baby

Plus:

- 😊 Less prep work to feed baby
- 😊 Breast milk is always available, and is the perfect temperature

Contact:

Racial and Ethnic Approaches to Community Health (REACH)
Northeast Health Center
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multco.us/reach

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