

Breastfeeding

Breastmilk....the dream product

"Imagine that the world had invented a new 'dream product' to feed and immunize everyone born on earth. Imagine that it was available everywhere, required no storage or delivery and helped mothers to plan their families and reduce the risk of cancer: This dream product is human breastmilk" (Infact).

Breastfeeding is about building a healthier baby beyond what man-made formula can offer. In order for you to make a decision whether to breastfeed or not, it is important for you to think about how breastfeeding will fit your lifestyle. Breastfeeding has steadily grown more popular in recent years with just over half of all mothers in Canada still breastfeeding their babies at three months of age and one-third still breastfeeding at six months of age (Health Canada, 2000a). The World Health Organization recommends exclusive breastfeeding up to 6 months with continued breastfeeding for up to 2 years and beyond.



Making your decision

It is a good idea to start thinking about how you are going to feed your baby before you are pregnant. That way you will be more prepared and confident in your feeding method.

	Me		Partner	
	Yes	No	Yes	No
Were you breastfeed as a baby?				
Have you seen a mom breastfeed her baby?				
Would you be comfortable with breastfeeding your baby in public?				
Is breastfeeding the woman's choice?				
Do you know the short and long term benefits of breastfeeding for both the mother and baby?				
Does breastfeeding fit with your ideas about parenting?				

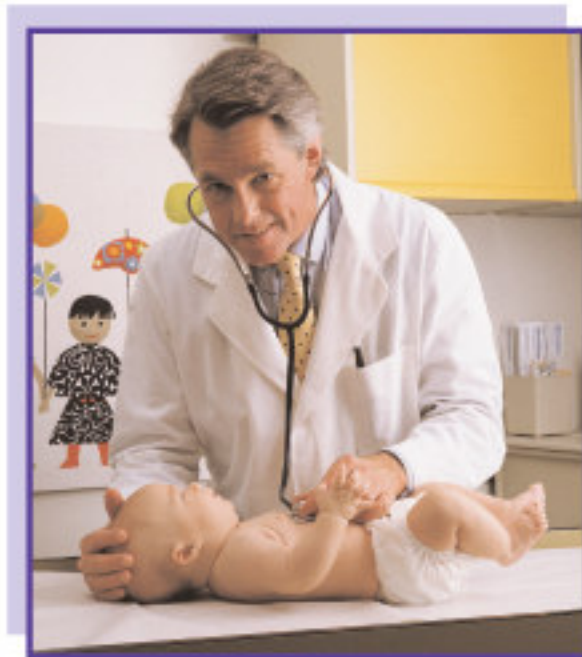
Breastfeeding: Best for babies and mothers

Best for babies:

- Provides the best food that is always fresh and ready
- Increases protection against ear, chest, and stomach infections
- Protects against meningitis
- Increases protection against allergies
- Increases protection against illnesses such as childhood diabetes, Crohn's disease, and Celiac disease
- May increase protection against Sudden Infant Death Syndrome (SIDS) and obesity
- Helps to promote proper jaw and teeth development
- Promotes better brain development

Best for mothers:

- Helps the uterus return to its normal size and controls bleeding after birth
- Helps to use up the extra fat gained during pregnancy
- Helps to protect against cancer of the breast and ovary
- Helps to keep bones strong
- Promotes closeness and bonding with baby
- Saves money and time with no formula to buy or prepare
- Reduces garbage



Breastfeeding is the natural and normal way to provide the best possible nutritional and emotional nurturing for your baby. No formula is the same in terms of nutrients, antibacterial fighting agents and anti-inflammatory properties. Breastmilk is the gold standard for infant nutrition.

Circles of support

There is a lot to learn about breastfeeding. Talk with your family, friends, and others who are knowledgeable about breastfeeding as you make your decision on how you will feed your baby.

The support you have to breastfeed will help you achieve your goal. Think about who your supports are for you and your baby.

See Resource section for further information.