



# BREASTFEEDING



## Nature's gift

Most parents decide how to feed their baby before they are even pregnant. Breast milk is the healthiest choice for a baby. It provides more nutrition and has other benefits than what manufactured formula can offer (no matter what the advertisements tell you). For example, formula fed babies get respiratory infections that require hospitalization more often than breastfed babies. Women who breastfeed have a lower risk of breast cancer.

What you may not have thought about is how your decision to breastfeed will fit into your lifestyle and your community.

You don't want to hide when you and baby are out and need to feed. But will you and everyone around you, feel at ease when you do? Adults eat in public all the time without question; there is no reason why your baby can't do the same thing. The Ontario Human Rights Commission states that no-one can prevent a mother from breastfeeding her baby in a public place or ask her to move to a more private area such as a washroom.

What have you thought about to help make your decision?

### *Simply the best...*

ME			MY PARTNER	
Yes	No		Yes	No
<input type="checkbox"/>	<input type="checkbox"/>	Were you breastfed as a baby?	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Have any of your family or friends breastfed a baby?	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Have you seen a mother breastfeed her baby?	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Do you know the risks of formula feeding?	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Do you think a mother can breastfeed in public with few people noticing?	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Is breastfeeding the woman's choice?	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Does breastfeeding fit with your ideas about parenting?	<input type="checkbox"/>	<input type="checkbox"/>

Breastfeeding is your best choice...but labour and delivery can take its toll. Many new mothers are tired and may become frustrated if they experience any difficulties in breastfeeding. The first response is usually to give the baby a bottle of formula. Just one bottle could affect your breastfeeding success. There

is an art and science to breastfeeding and sometimes mothers and babies need a little time to get it right. The urge to give up can be strong, but with good support and when you remind yourself of the facts about breastfeeding and the risks of formula feeding, you'll stick with it.



# BREASTFEEDING

## *Breastfeeding versus Formula Feeding*

1. Breast milk is baby's best food.
2. Breast milk is easier to digest than formula.
3. Formula feeding is much more expensive than breastfeeding.
4. Breast milk changes, as baby's needs change. Formula stays the same.
5. Formula fed babies have more allergies and problems such as eczema.
6. Breast milk helps guard babies against infection.
7. Breastfeeding is convenient. No bottles or nipples to sterilize. No formula to prepare or keep cool or warm up.
8. Breast milk takes energy to make, so it burns calories and fat. It's easier to lose weight after the baby is born.
9. Breastfeeding is environmentally friendly – no cans or packaging.
10. Formula fed babies have a higher risk of Sudden Infant Death Syndrome.
11. Breastmilk has key ingredients not in formula (again, no matter what the advertisements tell you) that improve brain growth, help babies learn and build social skills.
12. Breastfeeding helps protect mom and baby from cancer – breast, cervix, ovaries and some childhood cancers.

You know it is the best food for baby. You have decided to breastfeed. Breastfeeding can be done anywhere, anytime. And it fits into even the busiest schedule. You can make it work for you and your family. Plan to breastfeed as long as possible, up to at least six months, two years or maybe more. And if you have support to breastfeed, you are more likely to keep it up. Who can you add to your breastfeeding team?

## *Circles of support*

You have lots to learn about breastfeeding. Talk to family, friends and breastfeeding helpers as you think about how you would like to feed your baby.

- ❖ Partner, family and friends
- ❖ Health care provider
- ❖ Breastfeeding support groups
- ❖ La Leche League
- ❖ Public Health Nurse

### FOR HELP CLOSE TO HOME CONTACT:

Local public health unit: Call INFOline at 1-800-268-1154 / 416-341-5518

La Leche League Canada Breastfeeding Referral Service: 1-800-665-4324

Lactation Consultant:

Health care provider:

Breastfeeding clinic:

Support groups:

Hospital:

Library: