

BENEFITS OF EXCLUSIVE BREASTFEEDING

UP TO THE AGE OF SIX MONTHS AND BEYOND

For the baby

- Decreased severity of allergic disease
- Decreases risk of infection
- Decreases the risks of digestive pathology
- Decreases risks of obesity
- The incidence of type 1 and type 2 diabetes appears to be lower in the population of children who have been breastfed for more than 4 months.
- Breast milk contains DHA (omega 3 fatty acid, which is very important for brain and retinal development)
- Psychomotor development is better in breastfed babies
- Better jaw development to reduce the risk of dental malocclusion



For the mother

- Secretion of hormones: contraction of the uterus thus decreased postpartum bleeding; appeasement and somnolence in the mother and infant
- Back to usual weight more easily for some women
- May delay return of menses
- Improves bone mineralization, so less osteoporosis
- Less arthritis and less diabetes
- Decreased risks of cancer

Practical advantages

- Breast milk is always available
- Breast milk is always at the right temperature
- The quantity of breast milk adapts, based on the child's demand
- The taste of breast milk changes according to the maternal diet, allowing the baby to discover the taste of different foods

Length of breastfeeding

The World Health Organization, as well as the Canadian Pediatric Society, as well as Unicef, recommend exclusive breastfeeding until 6 months of age, followed by continued breastfeeding, along with a diversified solid food diet, until the age of two and beyond...