



# HOW TO FEED YOUR BABY



## Breastfeeding or formula?

To help you make an informed decision, here are the facts!



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A neighbourhood's health and solidarity!

July 2017



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## 🔹 NOT BREASTFEEDING: ARE THERE RISKS?

**Yes.** According to the most current scientific knowledge, not breastfeeding poses risks to the health of the baby and the mother.

How to reduce the risks as much as possible?

**Exclusive breastfeeding for the first 6 months of life, with nutritious complementary foods and continued breastfeeding up to the age of 2 and beyond, reduces the risks to the health of the baby and the mother.**



## 🔹 ↑ RISKS FOR THE BABY OF:

- Contamination of the formula at the factory
- Contamination during dilution and conservation
- Sudden Infant Death Syndrome
- Asthma and respiratory infections
- Otitis media
- Diarrhea, gastrointestinal infections
- Childhood cancers, leukemia
- Diabetes type 1 and 2
- Obesity
- Lower motor and psychomotor development
- Lower cognitive development

## 🔹 ↑ RISKS FOR THE MOTHER OF:

- Lower weight loss
- Postnatal stress
- Postnatal depression
- Early return to fertility
- Breast cancer and ovarian cancer
- Endometrial cancer
- Type 2 diabetes
- Osteoporosis
- Rheumatoid arthritis
- Iron deficiency due to postpartum hemorrhage

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