

The Benefits of **Breastfeeding**

EXPERT ADVICE

Build Child Immunity

“If you breastfeed exclusively for 6 months, you will gain amazing benefits. Beyond the nutritional aspects of breast milk, children can really benefit from the antibodies their mother can pass to them. In the first few days, the colostrum is sealing the intestine. Colostrum is like an antiseptic paint for the intestine that contains the antibody Immunoglobulin A (IgA). As much as 80% of our immune system is in our gastrointestinal tract. Babies who do not reap this benefit are set up to have inflammatory responses.”



Christine Sneed, IBCLC, CLE, CCCE, Latch Onto Lactation Education, Life Circle Women's Healthcare



By
Laura Childers

One of the most highly effective preventive measures a mother can take to protect the health of her infant and herself is to breastfeed. In fact, the importance of breastfeeding and its ramifications propelled the Surgeon General of the United States of America to issue a “Call to Action” to the general public in 2011. “For nearly all infants, breastfeeding is the best source of infant nutrition and immunologic protection, and it provides remarkable health benefits to mothers as well,” said Surgeon General Dr. Regina M. Benjamin.

Benefits for Babies

Studies show that babies who are breastfed have less diarrhea, constipation, and stomach problems. They also have fewer instances of allergies, asthma, obesity, psoriasis, diabetes, ear infections, urinary tract infections, respiratory infections, and serious illnesses such as bacterial meningitis, childhood cancers, and botulism. Overall, there are far fewer trips to the doctor.

Benefits for Moms

For moms, breastfeeding helps the uterus shrink to its normal size and causes uterine contractions right after birth which lead to less bleeding. It also burns extra calories to help get you in shape faster, and reduces the risk of developing osteoporosis, ovarian cancer, postpartum depression, and premenopausal breast cancer.

Reaping the Full Benefits

The American Academy of Pediatrics (AAP) recommends that breastfeeding continue for at least 12 months, and thereafter for as long as mother and baby desire. The World Health Organization recommends continued breastfeeding up to 2 years of age or beyond. Unfortunately, while 75% of mothers start out breastfeeding, only 13% of babies are exclusively breastfed at the end of six months, according to the U.S. Department of Health and Human Services. ♀

Latch Onto Lactation Education

The Only Free-Standing
Lactation Center

Open to All Breast
Feeding Mothers

We're a Team!

We Work With Your Baby's Physician
to Help Prevent and Solve Issues
Associated with Breast Feeding

- * Latch Difficulties
- * Painful Nursing
- * Low Milk Production
- * Inadequate Weight Gain
- * Cleft Palate Issues
- * Nursing Multiples
- * Over Active Let Down
- * Thrush
- * Weight Checks Pre and Post
- * Returning to Work or School

Also
Available:
At-Home
Consultations
Classes & Support
Groups

Now Covered by
Health Insurance!



Krystale Wallace
with her
daughter Rosalyn

Contact Christine Sneed
International Board Certified Lactation Consultant, Certified
Lactation Educator and Certified Childbirth Educator
Faculty Member of Childbirth and Postpartum Professional Association

LifeCircle
WOMEN'S HEALTHCARE

2301 North Ocoee Street, Cleveland, TN 37311
423.339.1400 | LatchOntoLactation@gmail.com
www.LatchOntoLactationEducation.com