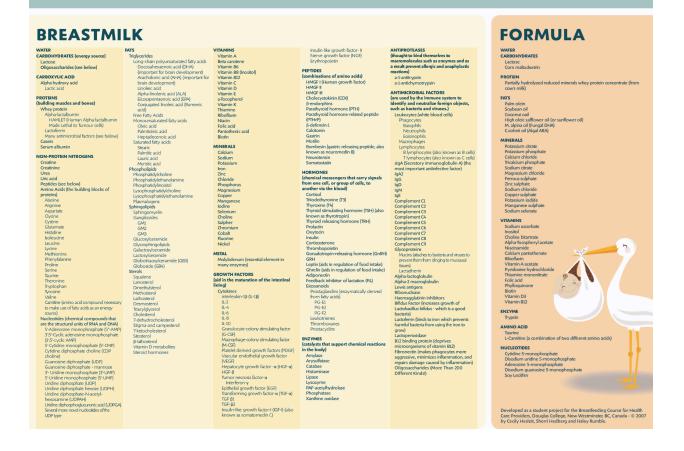


Health Benefits of Breastfeeding for Baby

Breast milk is the ideal food for infants and young children. It not only provides essential nutrients, but it also contains special ingredients that help your baby grow and stay healthy. By breastfeeding, you're giving your child the best start in life. This guide explains the amazing benefits of breastfeeding and highlights that it's more than just food - it's a key part of your baby's health and development.

In the chart below, you'll see carbohydrates, proteins, fats, and water - all the things you'd expect to see in food. But you will also see the biological components of breast milk - hormones, growth factors, antibodies to protect against infection, and so much more!

DID YOU EVER WONDER WHAT'S IN ... ?



What's even more amazing is that YOUR milk is tailored to YOUR baby. The composition of your breast milk changes over the course of a single feeding, from day to night, and throughout your breastfeeding journey to meet your child's needs as they grow. Research continues to discover new ways that the components of breast milk benefit infants. Here are just a few:

- Hormones in breast milk stimulate normal infant appetite and sleep cycles.
- Your baby is born with an immature immune system compared to an adult. During
 breastfeeding, your immune system can communicate with your baby's immune system
 to compensate for that weakness. You pass infection-fighting living cells to your baby
 through your milk, as well as antibodies to protect your baby against germs and
 diseases you have been exposed to.
- Breastfeeding gets your baby's microbiome off to the best start. Your milk contains over 130 different human milk oligosaccharides (HMOs). These sugars primarily feed the beneficial bacteria in your baby's gut and help to protect their gastrointestinal tract in many ways.

And it's not just about the milk...

- Your baby suckling at the breast releases oxytocin, a hormone that promotes mother-child bonding and reduces stress for both mom and baby.
- Breastfeeding also helps shape your baby's face and jaw, reducing the risk of dental problems such as malocclusion (poor alignment of the jaw and teeth).

Breastfed babies have a lower risk of many diseases and conditions, including:

- SIDS
- Infant mortality
- Neonatal mortality
- Lower respiratory tracts infections
- Ear infections
- Crohn's disease
- Ulcerative colitis
- Childhood obesity

- Leukemia
- Asthma
- Eczema
- Type 1 & Type 2 diabetes
- Reduced risk of Necrotizing
 Enterocolitis in Preterm babies fed
 exclusively human milk
- Improved cognitive development

Research shows that the longer a baby is breastfed, the greater the protective benefits they receive. Breastfeeding offers numerous advantages for your child's health and development, providing a special opportunity to nurture your baby while strengthening their immune system and supporting long-term well-being. Every drop of breast milk counts - whether you breastfeed for a few weeks or a year (or more), you are giving your baby a valuable start in life.

What If I Have Questions?

If you are interested in learning more, these Aeroflow classes expands on some of the topics discussed above:

- Ultimate Breastfeeding Prep
- Pumping 101
- Lactation Q&A

To register for this class, log into your portal or click here.

Want More Info?

For a directory of Aeroflow's other Care Guides offering information on pregnancy, baby care, and more, browse our comprehensive list of titles:

https://www.hersourcehealth.com/aeroflow-care-guides/

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