

Aeroflow Breastpumps

Infant Risks of Not Breastfeeding

You may know about the many benefits to babies that come with breastfeeding. However, do you know about the risks of not breastfeeding? It is important to keep all of the risks and benefits in mind when choosing how to feed your baby.

Immediate and Daily Infant Risks of Not Breastfeeding

When an infant is not breastfed they may be at an increased risk of the following:

- When you or your baby are exposed to an illness, your body will begin producing antibodies to that illness which will then be transferred to your baby through your breast milk. If an infant does not receive these antibodies, they may be at an increased risk of getting an illness and having more severe symptoms from an illness. Your breast milk truly acts like a medicine to help cure your baby when they are sick or help prevent them from getting sick in the first place.¹

Long Term Infant Risks of Not Breastfeeding

An infant who is not breastfed may also have an increased long term risk of the following²:

- Increased risk of allergies and asthma by up to 42%
- Increased risk of obesity by up to 30%
- Increased risk of type 1 diabetes by 30% and type 2 diabetes by 40%
- Increased risk of hospitalization for lower respiratory illness by 72%
- Increased risk of SIDS by 36%
- Increased risk of gastrointestinal infections by 64%
- Increased risk of necrotizing enterocolitis (a serious gastrointestinal infection usually affecting preterm babies) by up to 77%
- Increased risk of childhood leukemia by up to 20%

As you can see, there may be some unintended immediate and long term risks when a baby is not breastfed. It is a very personal decision when choosing how you will feed your baby. Providing breast milk has valuable benefits to both mom and baby that are only increased the longer the duration of breastfeeding.

What If I Have Questions?

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

- Ultimate Breastfeeding Prep

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/>

References

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9016618/>
2. <https://pubmed.ncbi.nlm.nih.gov/20111658/>