

*Get the  
facts on...*

## **Breastfeeding:**

- provides the best food for baby with all the nutrients needed at each different stage of growth and development;
- is recommended by the Canadian Paediatric Society;
- protects against infections, diarrhea and dehydration; when infants receive only breast milk for the first 6 months,  $\frac{1}{2}$  of ear infections and  $\frac{3}{4}$  of respiratory infections are prevented;
- decreases the risk of Sudden Infant Death Syndrome, also called crib death;
- prevents obesity in children;
- reduces the risk of childhood cancers when children are breastfed for more than 6 months;
- improves a child's response to immunization;
- protects against allergies, especially if there is a family history;
- promotes brain and vision development;
- improves jaw, tooth, and speech development;
- increases protection against illnesses such as childhood diabetes and bowel disease;
- builds a woman's confidence in her ability as a mother;
- protects women against breast and ovarian cancer;
- produces hormones which reduce a mother's response to stress;
- maintains closeness with baby when a mother returns to school or work;
- decreases time missed from work or school as baby is often healthier; and
- costs nothing!

# Artificial baby milk feeding:

- can increase risk of middle ear, lung, and gastrointestinal infections;
- can cause allergies with symptoms such as rash, diarrhea, wheezing, vomiting, fussiness, eczema, or disturbed sleep;
- can increase risk of childhood cancers;
- can increase risk of chronic diseases, like diabetes, heart disease, and Crohns disease;
- requires purchase of bottles (glass or plastic free of bisphenol A) costing about \$60.00 to \$100.00 to get started;
- requires purchase of formula in ready-to-use, concentrate, or powder forms, costing about \$1200.00 for one year;
- requires careful cleaning, preparation, and storage to avoid contamination;
- using powdered infant formula may expose babies to harmful bacteria and so is not recommended for infants who are premature, low birth weight, ill, or less than two months of age; and
- can reduce a mother's supply of breast milk.

For more information call the  
Family HEALTHline at

**705-743-1000**

TTY 705-743-4700

[www.pcchu.ca](http://www.pcchu.ca)

