

Fact Sheet

FACT SHEET 1.
(CHS_FS_GNA_001)

BREAST FEEDING - BEST FOR BABY BEST FOR YOU

Nature has provided mothers with the perfect food for babies - "breast milk".

You can give your baby something that no one else can, and it's simple, natural, free and environmentally friendly.

Breastfeeding is an important way to give your baby the best possible start in life.

Support from family and friends are a significant factor in establishing and continuing breastfeeding.

Breastfeeding

- Helps build a special relationship with your baby.
- Breastfeeding is more than providing food for your baby. Holding your baby close during breastfeeding builds a close, loving bond between you, by the feel, smell and visual image imprinting on you and your baby.

Breast milk is made specifically for your baby

- Your body automatically provides the right amount of protein, carbohydrate, fat, minerals and vitamins in your milk to suit your baby's needs.
- Your breast milk is the easiest food for your baby to digest.

Added Bonuses for Baby

Your breast milk not only has all the nourishment needed by your baby, but it also provides valuable protection against:

- infections and diseases,
- allergies and food intolerances.

Breastfeeding promotes jaw and tooth development.

Convenient, Safe and Natural

- Breast milk is always available at the right temperature.
- It is always fresh, clean and safe.
- Exclusive breastfeeding until around six months should be the aim for every infant. If this is not possible, mothers should be encouraged to breastfeed as much, and for as long, as they can.
- Saves you time as you don't need to prepare formula and sterilise bottles.
- Breast milk is free. The money saved could be equal to the cost of a major household item (eg.approx, \$1200 over 12 months).

Added Bonuses for You

- Breastfeeding helps your uterus return to its pre-pregnant state faster.
- Breastfeeding lessens the likelihood of ovarian cancer and pre-menopausal breast cancer.
- Breastfeeding lessens the likelihood of osteoporosis.

Source: Breastfeeding booklet compiled by the Community Child Health Service of the Royal Children's Hospital & Health Service District.
Last Updated: July 2005
Review Date: July 2007

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Name
Address