

Benefits Of Breast Feeding

Once you've given birth, breast feeding is the single most important thing you can do to protect your baby and help to promote good health. Best of all, breast feeding is free.

Along with saving you money on HMR (Human Milk Replacement), breast feeding can also help you to keep your medical bills down. Babies that are fed with formula get sicker more often and more seriously than babies that are breast fed. They also have more ear infections, respiratory infections, and other problems.

This can be even more true if your family has had a history of allergies. When a baby is breast fed, the antibodies pass on from the mother to the baby, helping to protect against illness and allergies. As the baby's system matures, his body will begin to make it's own antibodies, and he'll be more equipped to handle sensitivities of food.

Sucking on the breast will also help with the development of jaw alignment and the development of the cheekbone. For this very reason, there is less of the need for costly orthodontic work when the child gets older.

Unlike formula, breast milk is always ready, always available, convenient, and always the right temperature for feeding. Plus, it contains all of the vitamins and minerals your growing baby needs, saving you a lot of money.

Breast feeding also offers many benefits for the mom as well. The baby sucking at the breast will cause contractions right after birth, leading to less bleeding for the mom, and helping her uterus to it's shape before pregnancy much faster.

Breast feeding will also burn calories, so a mom can lose weight much faster than if she fed her baby with

a bottle. Breast feeding will also create a special bond with the mother and the baby - which is one thing formula simply cannot do.

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