

# Benefits of Breastfeeding

**The American Academy of Pediatrics (AAP) recommends breastfeeding throughout baby's first year.**

- Breastfed babies have fewer respiratory problems, ear infections, colds and flu than formula-fed babies. Breastfeeding also reduces a child's risk of type 1 and 2 diabetes, childhood leukemia, obesity, heart disease and SIDS (sudden infant death syndrome).
- Breast milk is easy to digest, so nursing babies are less likely to suffer from constipation, reflux and allergies.
- Oxytocin, a hormone produced during nursing, helps the uterus contract, allowing moms to recover faster post-delivery.
- Breastfeeding reduces a woman's risk of developing breast and ovarian cancers, type 2 diabetes, heart disease, high blood pressure and high cholesterol later in life.
- Breast milk is free, always the right temperature, and the fat content even changes according to baby's needs.



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# Breastfeeding positions



## Cradle Me

The cradle position feels the most natural for many mothers, and because it keeps breast exposure to a minimum, it's ideal for public nursing. Cuddle your baby with her head resting in the crook of your arm and her tummy against yours. Her lower arm should be tucked out of the way.



## Cross My Heart

Positioning your baby in a cross-cradle allows for good control of her head, so it's useful with a newborn who's having trouble learning to nurse. As in the cradle hold, position your baby tummy to tummy, but hold her head with your hand and use your forearm to support her bottom.



## Let's Play Football

A good choice for mothers recovering from C-sections, the football hold minimizes pressure on the incision. It's also practical for those nursing twins simultaneously. Lay your baby along your side so her back is supported by your forearm and her head is cradled in your hand, the way a running back would carry a football.



## This Side Up

The side-lying option is good for those middle-of-the-night feedings. Lie on your side with your head on a pillow. Nestle your baby close to you, with her head in the crook of your arm, her mouth level with your nipple, and her tummy against yours.

<http://www.parenting.com/article/tips-for-breastfeeding-success>

<https://www.smahcp.co.uk/professional-know-how/how-to-breastfeed/breastfeeding-positions/helpsheet-730.aspx>