

Parent Topics

Breastfeeding Benefits Mom And Baby

(NAPSA)—According to Healthy People 2010, a national initiative to improve the health of all Americans, only 64 percent of America's mothers breastfed their babies in early postpartum in 1998—despite breastfeeding's many positive benefits.

One goal of Healthy People 2010 is to see that percentage increase to 75 percent by 2010.

"There are three components of a successful breastfeeding experience for all moms," said Irene Zoppi, clinical education specialist at Medela, maker of the No. 1 choice of breastpumps for hospitals and health care professionals. "Moms need support from family and friends, a trustworthy lactation consultant, and a high-quality breastpump to make sure that they get off to a good start."

According to Zoppi, whether a mom chooses to work or stay home, she should be aware of the significant benefits of breastfeeding for her health as well as that of her infant. "With an established breastfeeding regimen, the health rewards are numerous and the bond created between mom and baby is like no other."

World Alliance for Breastfeeding Action (WABA), a global network of individuals and organizations in 120 nations, designates a World Breastfeeding Week every August to remind people of the health benefits that early and exclusive breastfeeding provides for both moms and their babies.

For more information about breastfeeding and breastpumping, log on to www.medela.com.

Breastfeeding Benefits for Mom	Breastfeeding Benefits for Baby
Increases post-pregnancy rate of weight loss from 3 -12 months postpartum	Appears to reduce the risk of obesity and hypertension
Lack of breastfeeding increases risk of mothers for urinary tract infection, pre- and postmenopausal breast cancer, ovarian cancer and osteoporosis	Delays onset of hereditary allergic disease and lowers the risk of developing allergic disease
Offers some protection against early return of fertility	Reduces risk for preemies of infectious diseases and future health problems such as obesity and asthma
An increased level of oxytocin stimulates postpartum uterine contractions, minimizing blood loss and encouraging more rapid uterine toning	Helps a baby's immune system mature, protecting in the meantime from viral bacteria and parasitic infections
Breastfeeding women report psychological benefits such as increased self-confidence and a stronger sense of connection with their babies	Increases effectiveness of immunizations, increasing the protection against polio, tetanus and diphtheria

For more information about these and other breastfeeding benefits and for infant and maternal health resources, go to www.medela.com/NewFiles/faq/benefitsbfdg.html

