

BENEFITS OF BREASTFEEDING



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FOR THE BABY	FOR THE MOTHER
It is rich in nutrients and antibodies for healthy development.	Contributes to the mother's health and recovery after delivery.
It is easier for the baby to digest.	Reduces the risk of type 2 diabetes, certain types of breast and ovarian cancer in the mother.
Reduces the risk of sudden death.	Facilitates the recovery of the weight prior to pregnancy.
Strengthens the immune system.	It allows the uterus to regain its original size faster.
Reduces the risk of asthma and allergies.	Reduces postpartum bleeding.
Protects against infections.	It helps prevent against hypertension, osteoporosis and heart attacks.
Physical contact offers greater security to the baby.	Strengthens the bond between mother and child.