Great for both of you.
Breastfeeding makes for a healthy baby.

Through research, we now know that breast milk brings all kinds of unique health benefits for your baby:

- If you breastfeed for at least the first three to four months, while your baby’s own defence systems are just developing, breast milk passes on all the protection you have built up against bugs and infections.

- This protection from germs means fewer tummy upsets and less diarrhoea for your baby.

- If you breastfeed for at least three to four months, your baby is less likely to have an ear infection or to be admitted to hospital with a chest infection.

- If there is a history of allergies in your family, your baby will be less likely to develop eczema or wheezing if he or she is breastfed for at least three to four months.

- Babies who are breastfed for at least three to four months are less likely to become obese, or to develop diabetes.

Your breast milk gives your baby this protection.

Breastfeeding also brings some very definite benefits for YOU, as you can see if you read on.

Get your figure back. Faster.

When you breastfeed, you benefit, too:

- Breastfeeding mothers tend to lose weight more quickly. Start feeding as soon as your baby is born, and your body will set to work burning the extra fat gained in pregnancy as milk is made for your baby.

- Research shows that breastfeeding can reduce the risk of getting pre-menopausal breast cancer.

On a practical level at home, you’ll also see benefits:

- Because breast milk is easily digested, breastfed babies are unlikely to get constipation.

- Breastfed babies’ nappies and sick aren’t as smelly!

- There’s no dragging yourself to the kitchen to prepare feeds in the middle of the night.

- You always have milk for your baby, at just the right temperature, wherever you go.

Breastfeeding does all this for you.
Getting others to back you up.

Every mother can benefit from the support of the people around her when her baby is born.

Your family
If you decide that you want to breastfeed, and you feel you need to explain why to your family or partner, try telling them about all the benefits mentioned in this leaflet.

Your health professionals
Your midwife, health visitor and GP will be able to advise you about breastfeeding. Like any form of feeding, it can sometimes take a few days to get the hang of it. You can ask your hospital midwife to help you get started, and your community midwife and health visitor will give you support and advice when you get home.

For more information call