

## my body + my baby

# breastfeeding/chestfeeding

There's no right or wrong way to feed your baby. There are many factors that go into your decision. It is our job as providers to help support your decision and baby feeding journey. Here is a short list of some of the benefits of breast/chestfeeding. Talk to your midwife for a more in-depth discussion of baby feeding options based on your own desires and circumstances.



### Bonding with your baby

Breast/chestfeeding can be a part of bonding with your baby. This skin-to-skin contact helps your baby feel safe and secure. It also will cause your body to produce more oxytocin, which helps you feel calm.

### Prevention of health issues

#### In your baby

- Ear infections
- Asthma
- Type 2 diabetes
- Childhood leukemia
- Sudden infant death syndrome (SIDS)
- Eczema

#### In you as a parent

- Type 2 diabetes
- Certain types of breast and ovarian cancer

### Nutrients

- Human milk is the perfect combination of protein, vitamins, and minerals to help your baby grow strong
- Babies can easily digest human milk and it helps their digestive system develop
- Human milk contains antibodies that help your baby fight infection

### Other benefits

Breast/chestfeeding is free, convenient, and can save time. Your milk is always warm and ready to go since you don't have to heat up bottles or mix formula.

As it gets closer to the time you give birth, we will give you more support around breast/chestfeeding or other feeding options.