

# Reasons to be proud

These are just some of the ways that breastfeeding makes a difference to both mothers and babies

Time breastfeeding	For baby	For mother
First feed	Helps to stabilise baby's blood sugars and protect baby's gut	A great opportunity for the first skin to skin cuddle
1 day	The antibodies in your colostrum provide natural immunity from infection	Helps womb to contract towards normal size
2-3 days	Sticky black meconium is cleared more readily from baby's bowel	Instant relief for hot, swollen breasts when your milk comes in
1 week	Transition to world outside womb is eased	Frequent feeds means time to sit or lie down and for you and your baby to get to know each other
2 weeks	Food and drink always ready at the right temperature, adapting to baby's needs	Hormones help you get back to sleep after night feeds
4 weeks	For premature babies lower risk factors for heart disease in later life	Saves time sterilising and making up bottles
6 weeks	Half the risk of chest infections now and up to seven years old	Breastfeeding likely to be easier and you can go out and about without bottle feeding equipment
2 months	Lower risk of food allergy at three years old if breastfed only	Reduced risk of ovarian cancer in later life
3 months	Five times less likely to get diarrhoea now and a reduced risk for the whole year	Fewer visits to GP as baby less often ill
4 months	Half the risk of ear infections; Reduced risk of asthma now and protection continues up to six years	Feeling of empowerment at having been solely responsible for growing your baby to four months
5 months	Five times lower risk of urinary tract infections	A lovely way to reconnect with your baby if you go to work
6 months	Lower risk of eczema now and up to six years old	Less risk of osteoporosis in the long term
1 year	Three times less risk of becoming obese by age six and a lower risk of heart disease as an adult	No need to buy formula milk at all, saving at least £450 this year
2 years	Likely to have higher than average scores on intelligence tests	Expect fewer visits to orthodontist when your baby is a teenager; Risk of breast cancer reduced by eight per cent

Anyone with concerns about breastfeeding can contact the **NCT Breastfeeding Line** and speak to a trained breastfeeding counsellor:

**0870 444 8708**

8am – 10pm every day

