

Breastfeeding

Breastfeeding is the best way to feed babies for their growth and physical development, as it provides essential nutrients, including fats, carbohydrates, proteins, vitamins, minerals, and antibodies. The American Academy of Pediatrics recommends exclusively breastfeeding infants for the first six months of life.

Benefits of breastfeeding:

For the baby:

- Antibodies help prevent disease.
- It supports physical, cognitive and social development.
- It Prevents weight issues.
- It fosters secure attachment and creates a healthy emotional bond.

For the mother:

- It facilitates postpartum recovery.
- It contributes to health and a sense of overall well-being.
- It helps reduce weight gained during pregnancy.
- It decreases the risk of breast and ovarian cancer.

Breastfeeding a baby is an act of love, but it can also present some challenges. Some babies may face breastfeeding difficulties due to birth defects of the mouth (such as cleft lip or palate), sucking problems, digestive issues, premature birth, or weak physical condition. To answer all your questions about breastfeeding, contact your OB/GYN, pediatrician, or lactation counselor.

References:

<https://medlineplus.gov/spanish/ency/patientinstructions/000639.htm>