

E-blast: Breastfeeding

Breastfeeding is the natural process by which a mother feeds her baby with milk produced by her mammary glands. This is the best way to feed babies, as it provides essential nutrients for their growth and physical development, including: fats, carbohydrates, proteins, vitamins, minerals and antibodies. The American Academy of Pediatrics recommends that infants be exclusively breastfed for the first six months of life and that this diet be supplemented with other foods until they are two years old or older.

Benefits of breastfeeding:

For the baby

- It is the food that best suits their needs, the most balanced and the easiest to digest. In addition, it is always available, both in quantity and temperature.
- It provides protection against various infections, such as ear, digestive, respiratory infections.
- It reduces the risk of allergies and some diseases such as diabetes, obesity, high blood pressure or celiac disease.

For the mother

- It facilitates the contraction of the uterus after childbirth and decreases the risk of postpartum bleeding and infections.
- It stimulates the attachment between mother and baby.
- Helps reduce weight acquired during pregnancy.
- It reduces the risk of breast and ovarian cancer.

References:

<https://www.quironsalud.com/hospital-madrid/es/servicios-medicos/ginecologia-obstetricia/unidad-obstetricia/informacion-gestantes/beneficios-lactancia-materna>