

Lauren Mae

The Benefits of Breastfeeding

Piccolo, 2019

To breastfeed or not to breastfeed? You're allowed to be indecisive about this. It's good to think about it before your baby pops out but, particularly if you're a first-timer, you're not necessarily going to know if it's for you until you've tried it. Some of us fall right into the swing of breastfeeding yet for most of us, it can be a challenge at first. Just don't forget there is support out there to help you find the best option for you and your baby, and there will be help along the whole feeding journey. Before you decide, we want to run through a couple of perks about breastfeeding.

It can fight off infection and sickness

All babies get sick at some point — it's sort of what they do. Breastfeeding contains natural antibodies that fight against germs that can cause your baby sickness and diarrhoea. It can also lower your baby's risk of ear and chest infections, coughs and colds.

It promotes life-long health

Think of breastfeeding as laying the groundwork. There's evidence out there that breastfed babies have a lower risk of diabetes and obesity when they're older. The risk of sudden infant death syndrome (SIDS) and childhood leukaemia is reduced as well.

It changes to suit your baby

Breastmilk contains all the good stuff for your baby needs at different points of their development. Don't tell us that's not impressive. The first batch is supercharged with immune-boosters; a couple of weeks later, there's more fat to it for helping your baby grow bigger.

There's something in it for you

No, it's not all about baby (though it seems most things are, right?). Breastfeeding can lower your risk of breast cancer, ovarian cancer, cardiovascular disease and osteoporosis. Plus, breastfeeding also takes up energy that can, in turn, help you lose your baby weight.

You'll have chance to bond with each other

Breastfeeding is a way to strengthen the emotional connection between you and your baby. It charges up your oxytocin level ('the love hormone' everyone talks about) which all helps to destress you and make you feel happier.

It's a time and money-saver

Not many things in life are free but breastfeeding is. Plus, like all your favourite Netflix shows, it's there on-demand. There's no working out how much your baby needs, no sterilising bottles or worrying about how you're going to cope on-the-go. It's all just a nip away.