

## Health Benefits of Breastfeeding for the Baby

Breastfeeding reduces the risk of gastroenteritis and diarrhoea in babies.

Babies who are not breastfed are FIVE times more likely to be admitted to hospital with gastroenteritis.



Breastfeeding reduces the risk of urinary tract infections.

Babies who are not breastfed are FIVE times more likely to have urine infections.



Breastfeeding provides babies protection against chest infections and wheezing.



Babies who are not breastfed are TWICE as likely to have ear infections.



Babies who are breastfed are less likely to get childhood cancers.



Babies who are breastfed have a reduced risk of heart disease later in life.



## Health Benefits of Breastfeeding for the Baby

Breastfeeding reduces the risk of Sudden Infant Death Syndrome (cot death) by up to 50%.



Babies who are not breastfed are TWICE as likely to develop insulin dependent diabetes.



Babies who are breastfed usually have straighter teeth.



Babies who are breastfed have, on average, an EIGHT point's higher IQ.



## Health Benefits of Breastfeeding for Mothers

Breastfeeding reduces mother's risk of pre and post menopausal breast cancer.



Breastfeeding reduces mother's risk of ovarian cancer.



Breastfeeding reduces mother's risk of osteoporosis and hip fractures.

