

Pregnancy Session 3 - Resource 1

Benefits of Breastfeeding

For Mum

- Helps the recovery process from birth
- Fosters bonding with baby

New Born



For Baby

- Provides colostrum
- Strengthens immune system
- Starts digestive system
- Reduces infections

- Strengthens immune system
- Reduces breast soreness

First 6-weeks

- Reduces risk of sudden infant death syndrome
- Detects issues with feeding or concerns about growth

- Helps quality of sleep
- Helps with fatigue
- Helps lower chances of depression

First 3-4 months

- Helps to build healthy lungs and digestive system
- Time to bond with Mum

- Reduces risk of breast cancer
- Offers contraception (if you meet the criteria)

First 6 months



- Is the main form of baby's diet
- Helps to grow a healthy, nourished baby