Benefits of Breastfeeding

Breastfeeding has significant nutritional and immunological benefits for your baby both short and long term

- Improved intelligence and cognitive outcomes
- Perfect Nutrition for healthy growth and development
- Improved infant gut health
- Reducing the risk of overweight and obesity in childhood & later in life
- Improved appetite regulation
- Reduced risk of infection (gastrointestinal, respiratory, ear, and so on)
- Reduced risk of developing non-communicable diseases, such as diabetes and cardiovascular diseases
- Reduction in infant mortality due to infectious diseases
- Fewer dental caries & malocclusions
- Reduce risk of asthma and allergies



For more resources to help support parents, scan the QR code or visit: smahcp.co.uk/hcp-parent-resources/hcp-resources

PIONEERING SINCE 1919 BABY NUTRITION

IMPORTANT NOTICE: The World Health Organisation (WHO) has recommended that pregnant women and new mothers be informed on the benefits and superiority of breastfeeding – in particular the fact that it provides the best nutrition and protection from illness for babies. Mothers should be given guidance on the preparation for, and maintenance of, lactation, with special emphasis on the importance of a well-balanced diet both during pregnancy and after delivery. Unnecessary introduction of partial bottle-feeding or other foods and drinks should be discouraged since it will have a negative effect on breastfeeding. Similarly, mothers should be warned of the difficulty of reversing a decision not to breastfeed. Before advising a mother to use an infant formula, she should be advised of the social and financial implications of her decision: for example, if a baby is exclusively bottle-fed, more than one can (400 g) per week will be needed, so the family circumstances and costs should be kept in mind. Mothers should be reminded that breast milk is not only the best, but also the most economical food for babies. If a decision to use an infant formula is taken, it is important to give instructions on correct preparation methods, emphasising that unboiled water, unsterilised bottles or incorrect dilution can all lead to illness.

sma Nutrition Careline
UK 0800 081 81 80 www.smahcp.co.uk
ROI 1800 931 832 www.smahcp.ie

REFERENCES: 1. Victora, C. G. et.al, The Lancet 2016, 387, 475-490 **2.** DiSantis *et al.*, Int J Behav Nutr Phys Act 8, 89 (2011). **3.** The impact of breastfeeding on maternal and child health - Baby Friendly Initiative https://www.unicef.org.uk/babyfriendly/news-and-research/baby-friendly-research/infant-health-research/infant-health-research-meta-analyses/the-impact-of-breastfeeding-on-maternal-and-child-health/

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ZTC8862/02/26