

SHOULD BABY have a LITTLE FORMULA?

Risks of formula feeding for baby

- The American Academy of Pediatrics and the World Health Organization recommend that babies have only breast milk for the first six months of life. There may be times when supplementing with formula is medically necessary and there will be babies who are fed only formula for a variety of reasons, but there are risks to feeding a baby formula.
- Breast milk coats the inside of your baby's gut to prevent bacteria and viruses from getting into your baby's body. Formula interferes with this protection, even just a small amount.
- A mother's milk supply is stimulated by frequent feedings. When a baby is fed formula they spend less time at mom's breast and her body doesn't get the cues it needs to make enough milk for the baby.
- Feeding a baby formula is linked to a higher risk of allergies. This includes allergies to food as well as allergies that affect breathing, such as hay fever. Exclusive breastfeeding has been shown to lower a baby's risk of developing allergies that they might have inherited from their family.
- Children who were fed formula have a 50 percent higher risk of ear infections and a 72 percent higher risk of lung infections. These children also have a higher risk of developing obesity, diabetes, cancer and heart disease later in life.
- Feeding baby formula carries the risk of product recalls and contamination from water and/or improper preparation.
- Exclusively breastfeeding your baby significantly reduces the risk of Sudden Infant Death Syndrome.

Risks of not breastfeeding for mom

There are some health risks for mothers who decide not to breastfeed or wean their babies early:

- **Postpartum Depression** – Not breastfeeding and early weaning are associated with an increased risk of postpartum depression.
- **Sleep** – Believe it or not, studies show that moms who exclusively breastfeed, including night feedings, actually get more sleep and have less sleep disturbances.
- **Long term health risks** – Women who don't breastfeed have an increased risk of breast cancer, ovarian cancer, heart disease, type 2 diabetes, osteoporosis and rheumatoid arthritis.