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Breastfeeding essay
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The Benefits of breastfeeding

The benefits for your baby is that breast milk contains antibiotics that help your baby kill off viruses and other bacteria. Breast milk provides nutrition, carbohydrates, protein, vitamins, and fat. Basically everything your baby needs to grow strong and healthy. The First 6 months without any formula have fewer ear infections diarrhea and respiratory illness. Breastfeeding lowers a lot of unhealthy risks like diabetes, celiac, obesity, crohns and the most important one is SIDS (sudden infant death). Colostrum is the first milk your body produces for your infant, what it does is it protects germs by forming a protection layer on the Mucous membrane in your baby's intestines, nose and throat. The live cells in your breastmilk makes it easy for your baby to digest. Based on the mother's diet, breast fed babies have a greater sense of taste and smell because the flavor changes in the breast milk. Breastfeeding will give your infant a more healthier lifestyle.

When you breastfeed your newborn infant you create a unique and strong physical and emotional bond between you and your baby. Having that skin to skin moment with your baby can also make the baby feel secure. Breastfeeding is the best way to learn about your baby, you can know the amount your baby is eating. When breastfeeding you have a better healing post delivery because the oxytocin released when your baby nursing helps your uterus contract and reduces post delivery blood loss. Breast milk contains 30 calories, which helps you burn up to 50 calories. Makes it much easier to lose your pregnancy weight. Not only does it lower risks for your baby but it also lower risks for you like lower risks of premenopausal breast cancer, ovarian cancer and other deadly diseases. Rather than spending so much money on formula, breastfeeding is completely free and requires very effort. Breastfeeding will not only change your baby's lifestyle but also your lifestyle. It will benefit not only your body but also your mind. Having family and friends support will make breastfeeding more comfortable for you.

Breastfeeding helps builds a stronger and more healthier community around you.