

Reasons to be proud



These are just some of the ways that breastfeeding makes a difference to both mothers and babies.

Time breastfeeding	For baby	For mother
First Feed	Helps to stabilise baby's blood sugars and protect baby's gut	A great opportunity for the first skin to skin cuddle
1 Day	The antibodies in mother's colostrum provide natural immunity from infection	Helps womb to contract towards normal size
2-3 Days	Sticky black meconium is cleared more readily from baby's bowel	Instant relief for hot, swollen breasts when your milk comes in
1 Week	Transition to world outside womb is eased	Frequent feeds mean time to sit or lie down and for you to get to know each other
2 Weeks	Food and drink always ready at the right temperature, adapting to the baby's needs	Hormones help you get back to sleep after night feeds
4 Weeks	For premature babies lower risk factors for heart disease in later life	Saves time sterilising and making up bottles
6 Weeks	Less risk of chest infections now and up to 7 years old	Breastfeeding likely to be easier and you can go out and about without bottle feeding equipment
2 Months	Lower risk of food allergy at 3 years old if breastfed only	Reduced risk of ovarian cancer in later life
3 Months	Much less likely to get diarrhoea and need to be in hospital with gastroenteritis	Fewer visits to GP as baby less often ill
4 Months	Lower risk of developing eczema and asthma	Feeling of empowerment at having been solely responsible for growing your baby to four months
5 Months	Less chance of succumbing to cot death and lower risk of urinary tract infections	A lovely way to reconnect with the baby if you go to work
6 Months	Lower risk of ear infections	Lower risk of Type II diabetes in the long term
1 Year	Lower risk of becoming overweight in later life and lower risk factors for heart disease as an adult	No need to buy formula milk at all, saving at least £450 this year
2 Years	Likely to have higher average scores on intelligence tests	Expect fewer visits to orthodontist when baby is a teenager; Risk of breast cancer reduced by eight per cent



Contact the NCT Breastfeeding Line to speak to a breastfeeding counsellor **0300 330 0771** from 8am - 10pm every day

Join the NCT - call the Membership hotline on 0844 243 7000

References can be obtained from research@nct.org.uk