

Benefits of Breastfeeding for Mom

Physical Benefits

If you are able to do kangaroo care directly after birth and your baby latches on for their very first time. Not only does that moment melt your heart, but there are a number of other benefits throughout your entire journey, no matter how long you choose to do so.

The list of benefits includes:

- Makes your uterus contract, helping to deliver the placenta as well as keep you from hemorrhaging by stopping the bleeding.
- Helps you to lose weight faster than mothers of formula fed babies (you may or may not need extra calories to make up for those burned while breastfeeding)
- If you breastfeed exclusively for 6 months I can delay your period from starting and offer a contraception (this is only as long as no formula or solids are being fed)
- You are at a lesser risk for metabolic syndrome compared to mothers of formula fed babies
- If you have insulin-dependent diabetes you may need less insulin while breastfeeding
- Can help prevent cancer (breast, uterine, and cervical). This does not mean you can't get these illnesses, it only lessens your risk. The longer your breastfeed, the greater the prevention.
- Helps prevent osteoporosis and fractures
- Lower blood pressure than mothers of formula fed babies
- Reduces risk of rheumatoid arthritis

Mental Benefits

- It creates a special bond and connection between yourself and your baby thanks to the hormones prolactin and oxytocin
- These same hormones are also responsible for helping you deal with emotional and physical stress
 - It can help heal emotional wounds
 - It helps build your confidence as a mother



There are a few practical benefits to help in your daily life, including:

- It requires you to take short “breaks” throughout your day
 - It’s extremely convenient
- It’s easy (if you’re having difficulty reach out to an IBCLC or a La Leche League Leader in your area)
- It eventually stops being a way to feed your baby and becomes a way of mothering, especially if you breastfeed into the toddler stage when the “boo boos” occur.



Jessica Fibbe
Birth & Breastfeeding Services