

The Top 7 Benefits To A Woman Who Breastfeeds Her Child

- 1- The hormones released during breastfeeding curb blood loss post-delivery and help the uterus shrink back to size.
2. She'll burn calories faster. Many Moms' report that weight loss after pregnancy is much faster than that of non-nursing mothers.
3. Lower risk of premenopausal breast cancer (that which occurs prior to age 50). The benefit begins to show with three to six months of breastfeeding and increase the longer that nursing continues.
4. Decreased risk of ovarian cancer in woman who breastfeed.
5. Increased bonding with your child. Although all mothers bond with their children, Mom's who have both breastfed and bottle fed report a different / special bond with their breastfed children. They also report the opportunity to spend more time with their infant for one-on-one bonding time than when bottle-feeding.
6. The opportunity to save money, formula is expensive and the costs really add up over time. Breast-feeding one or several children can save a family thousands of dollars (a good start for the college fund). More savings in doctor bills. Breast fed babies are healthier than their formula fed counterparts. Scientists have found nearly 200 compounds that fight infection, mature the immune system, help digestion and increase brain function and IQ.
7. Less smelly diapers, breast fed babies stool is loose and seedy and doesn't have a foul odor like bottle fed children.