

The Importance of Breastfeeding

A major building block for healthy brains



The brains of breastfed babies grow differently than formula fed babies. ^{13,15,17}

Being breastfed is important for women's psychological well-being throughout life. ⁴

Breastfeeding supports cognitive development. ^{2,3,12,14,15,16,17,22,25}
The effect is even stronger for preterm infants. ^{9,25,28}

Breastfeeding positively affects speech and language development ^{3,5,7}

Breastfeeding plays a role in decreasing postpartum depression. ^{6,10,18}

Breastfeeding is associated with greater sensitivity to infant cries. ^{19,21}



Breastfeeding supports motor skill development ^{5,23}

Breastfeeding promotes maternal-child attachment⁸ and may protect against child neglect and domestic violence. ²⁷

Breast-feeding is a back and forth communication system, involving smell, touch, vocalization; crucial for early brain development. ²⁰

Longer breastfeeding is associated with positive mental health outcomes throughout childhood⁸ & early adulthood ^{1,11,20,26}

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