

Breastfeeding Reduces the Risk of Sudden Infant Death Syndrome (SIDS)

How long should feedings be?

Feedings may last 15 to 20 minutes per breast. But your baby will let you know when he or she is finished.

American Academy of Pediatrics notes that breastfeeding has been linked to lower rates of SIDS. The Academy recommends exclusive breastfeeding for six months and continuation until the child is at least 1 year.

Even after you add solid foods to your baby's diet, continue breastfeeding until they're at least 12 months, or longer if you and your baby desire.



Get connected to more tips, resources, and support at sleepsafefresno.com

Please Share

Share this **Safe Sleep Guide** with other mamas, papas, grandmas, grandpas, aunts, uncles, caregivers, birthing coaches, doulas, and providers to help us protect babies and reduce SIDS.

Sleep Safe Baby is an Infant Safe Sleep Public Education and Awareness Campaign funded by First 5 Fresno County. Our hope with Sleep Safe Baby is to shift cultural norms and everyday sleep practices to reduce SIDS in Fresno.

SleepSafe BABY



BREASTFEEDING Your Baby



SleepSafe BABY

Breastfeeding Your Baby!

Let's talk about breastfeeding and the amazing power of breast milk! Breastfeeding is beautiful to celebrate!



Breastfeeding offers so many benefits for families including:

- The joyful bonding with your baby
- The perfect nutrition only YOU can provide
- The health benefits for both mother and baby

Do not be ashamed of your body as breastfeeding is a natural, healthy and normal way to bring optimal nourishment to your baby.

Why Breastfeeding is Important

- Baby's first milk usually comes in the first days after birth. Known as "liquid gold," colostrum is loaded with nutrients and antibodies to protect baby. A baby can get only a small amount at each feeding, but it is enough to meet baby's needs.
- Breast milk is easier to digest than formula. The proteins in formula are made from cow's milk, and it takes time for babies' stomachs to adjust to digesting them.

- Breast milk fights disease. The chemicals, hormones, and antibodies in breast milk protect babies from illness.
- Breastfeeding has also been shown to lower the risk of SIDS (sudden infant death syndrome).

Breastfeeding may take a little more effort than formula feeding at first. But it can make life easier once you and your baby settle into a good routine. You do not have to buy, measure, or mix formula. And there are no bottles to warm at night.

Ways Breastfeeding Benefits Mother

- Breastfeeding saves money. Formula and feeding supplies can cost well over \$1,500 each year. Breastfed babies are also sick less often, which can lower health care costs.
- Breastfeeding can feel great. Physical contact is important to newborns. It helps them feel more secure, warm, and comforted. Mothers benefit from this closeness too. Breastfeeding requires the mother to take some quiet relaxed

time to bond. The skin-to-skin contact can boost the mother's oxytocin levels, a hormone that helps milk flow and calms her down.

- Nursing mothers miss less work. Breastfeeding mothers miss fewer days from work because their infants are sick less often

Breastfeeding lowers the risk of developing breast cancer, particularly if you have your children when you are younger. The longer you breastfeed the more the risk is reduced.

How often should I breastfeed?

Early and often! To make plenty of milk, breastfeed your baby as soon after birth as possible and at least eight to twelve times every 24 hours. In the first few days after birth, your baby will likely need to breastfeed about every hour or two in the daytime and a couple of times at night. As your baby grows and develops, he or she may settle into a more predictable feeding schedule that best meets his or her needs.

FOR DADS!

Enjoy the beauty of breastfeeding! By sharing in the warm moment of breastfeeding, dads can help his partner bond with their baby. Dads can give their babies a bottle of pumped breast milk and also provide cuddles and hugs.

*The information in this guideline comes from the American Academy of Pediatrics (AAP).