

Get the facts on...

# Breastfeeding

- Health Canada recommends that babies receive only breastmilk for the first 6 months and encourages breastfeeding along with solid foods for 2 years or more.
- Provides the best food for your baby. The nutrients change to meet your baby's needs as he/she grows and develops.
- Provides antibodies, antivirals, growth factors and antibacterial properties to protect and help your baby grow.
- Breastmilk works like a medicine to protect the tummies of premature babies.
- Protects against infections, diarrhea and dehydration.
- Lowers the chance that your baby will be hospitalized for chest infections.
- Lowers the risk of ear infections.
- Lowers the risk of diabetes in children.
- Lowers the risk of obesity for teens and adults.
- Lowers the risk of allergies, especially if there is a family history.
- Decreases the risk of Sudden Infant Death Syndrome.
- Develops good face and jaw muscles to help with speech and position of teeth.
- Lowers the risk of developing breast cancer and type 2 diabetes for mothers.
- Produces hormones which reduce a mother's response to stress.
- Helps mom and baby keep a close bond even when mom returns to work or school.
- Decreases time missed from work or school as baby is healthier.
- Saves you and your family money.
- Breastmilk is ready anytime, anywhere.
- Is environmentally friendly – no bottles, cans, washing or waste.

# Get the facts on... Commercial Infant Formula

- Has no antibodies, antivirals, growth factors or antibacterial properties to protect and help your baby grow.
- Does not protect against infections and diarrhea.
- Does not change to meet your baby's needs as he/she grows and develops.
- Can decrease mother's breastmilk supply.
- Supplies, bottles (glass or plastic, free of (BPA) Bisphenol A), nipples or other feeding equipment can cost \$60 to \$100 to get started.
- Can cost \$100-\$200 per month.
- Increases your baby's risk of exposure to contaminants and chemicals, if not cleaned, prepared or stored safely.
- Exposes your baby to possible mistakes during the making of formula.
- Powdered infant formula is not germ-free. It may carry bacteria that are harmful to your baby.
- Powdered formula is not recommended for infants who are premature, ill, or have low birth weight and under 2 months old.



Durham Health Connection Line  
905-668-2020 or 1-800-841-2729  
**[durham.ca/breastfeeding](https://durham.ca/breastfeeding)**

If you require this information in an accessible format,  
contact 1-800-841-2729