

# THE IMPORTANCE OF *Bodyfeeding*



## *Family* **BENEFITS**

There are numerous benefits to body-feeding your infant. Benefits range from social/emotional, health, and physiological.

This doesn't only benefit your infant, it has benefits for the whole family.

### FOR BABY

- Increases bonding with the lactating parent.
- Regulates newborns' heart rhythm & body temperature.
- Less likely to suffer from diarrhea, ear infections, allergies, asthma, diabetes, bowel disease, and reduced chances of SIDS (sudden infant death syndrome).
- Increased immunity.

### BIRTHING PARENT

- Aides in uterine involution postpartum.
- Reduces chances of postpartum mood disorders, breast cancer, and osteoporosis.
- Birthing parent reports less stress and anxiety.

### FOR FAMILY

- Reduced healthcare-related costs from above mentioned conditions/ health issues.
- More sleep, as body-feeding families sleep in closer proximity to infants.

## *Social & Emotional* **BENEFITS**

Human milk is produced by 2 main hormones in the body. Prolactin and Oxytocin. Oxytocin helps your body relax and create a sense of calm and peace while you feed your baby. This allows you to focus on your baby and build a strong sense of trust and connection.

## *Financial & Economic* **IMPACT**

Although bodyfeeding isn't free because the lactating person's time and energy has value. And nutrition for them is important. There is a reduced cost due to not buying formula weekly, bottles, filtered water etc... There are fewer medical expenses as human milk saves lives. If 90% of lactating parents feed their babies human milk exclusively for 6 months, it can save up to 1,000 lives each year.

## *Human Milk* **COMPOSITION**

The nutritional value of human milk adjusts to the needs of your baby. Your newborn receives the exact nutrients they need in the first few days of life. It also adjusts the immunity based on your infants' need when sick by passing on your immunity to them.

### COLOSTRUM

- Is rich in whey protein, minerals, chloride, sodium, magnesium, and leukocytes.

### TRANSITIONAL MILK

- Has higher levels of fat and vitamins and has more calories than colostrum.

### MATURE MILK

- Increased carbohydrates, fats, Vitamins, A,C, B-6, B-12, Folate, Choline, and Thiamine, calcium, and lipids.

## *Environmental* **BENEFITS**

Aside from nutritional, physiological, and social/emotional benefits. There are environmental benefits as well. It is less wasteful, you use less water because there are no bottles to wash or formula to mix. Less trash as there is no formula cans to dispose of. Reduces your carbon footprint as shipping & making formula lessens pollution.