

Benefits of Mother's Own Breast Milk for Infants

What are the benefits of mother's own breast milk for infants?

- Specifically designed for your baby's needs
- Milk composition changes with your baby's age and stages
- Colostrum is higher in protein, minerals and antibodies
- Breast milk is easier to digest than formula
- Contains hormones, enzymes, growth factors and many protective factors
- Essential in the development of your baby's immune system
- Enhanced brain development and increased cognitive score (ability to think)
- Less risk of stomach issues and diarrhea
- Less risk of ear infection
- Less risk of respiratory illness
- Less risk of asthma
- Less risk of dermatitis (skin issues)
- Less risk of childhood cancers
- Less risk of dental cavities
- Less risk of type I diabetes
- Less risk of Sudden Infant Death Syndrome
- Less risk of urinary tract infections
- Less risk of coronary artery disease as adults
- Contains beneficial (good) bacteria for a healthy gut

Why is mother's own breast milk better for preterm infants?

- Higher levels of protein, lipids, fatty acids and immune factors
- Increased brain growth
- Less risk of retinopathy of prematurity (eye disorder that can cause blindness)
- Higher levels of anti-inflammatory agents
- Higher levels of Lactoferrin which prevents the growth of certain bacteria and yeast
- Less risk of necrotizing enterocolitis (serious illness in the intestines of newborns)
- Less risk of neonatal sepsis (blood infection)

Ask a member of your baby's health care team if you have questions.

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This information does not replace your provider's medical advice, treatment plan, or education provided by your nurse or other care provider. Be sure to follow your personalized plan of care. Nothing on this sheet is considered medical advice, diagnosis or treatment. If you have questions about this or any other medical information, talk with your care provider. Seek help right away if you need urgent medical attention. If you are outside the hospital, call 911. If you are a patient in the hospital, ask your nurse or other member of your care team for help.



Ask a staff member about interpreters and other language access services and aids, available at no cost to patients and families.
Pregunte a un miembro del personal acerca de los intérpretes y otros servicios y ayuda para el acceso al idioma que están a su disponibilidad sin costo alguno.

