

# Feeding your baby

## Information to help with decisions

Parents have many questions about feeding their babies. We are listening and will answer your questions accurately and thoughtfully. We provide parents with information from current studies to help them with decisions about how to feed their baby.

Many parents want to breastfeed their baby, but some choose to do mixed feeding or formula feeding for medical or personal reasons. Parents and health care providers work together to consider what is acceptable, affordable and safe for each baby.

### What are the benefits of breastfeeding for my baby?

Studies tell us that human milk is best to help babies grow and help protect them from infection. Protection lasts as long as a baby is breastfed and longer. That is why doctors and midwives recommend exclusive breastfeeding for 6 months, and continued breastfeeding with solid foods, until two years of age and beyond.

Even babies who are not exclusively breastfed get some **protection from:**

- diarrhea and vomiting
- colds, flus, ear infections, chest infections
- diabetes, obesity, heart disease and stroke
- some childhood cancers
- bowel conditions
- sudden infant death syndrome

### What are the benefits of breastfeeding for a mother?

Mothers who breastfeed their babies have some **protection from:**

- diabetes
- breast cancer before menopause
- ovarian cancer
- bleeding problems after delivery

Some mothers are able to partially breastfeed their babies. Any breastfeeding offers good nutrition and better health for you and your baby.

Breastfeeding is a new skill to be learned by both mom and baby. It can take time to feel confident.

### For help with breast feeding

To find help with breastfeeding, go to:

 [http://www.fraserhealth.ca/your\\_health/best-beginnings/breastfeeding/](http://www.fraserhealth.ca/your_health/best-beginnings/breastfeeding/)

On this website you will find information about breastfeeding classes and support available from a public health nurse.

### When using formula

There may be medical or personal reasons for using formula. Discuss any concerns you have about feeding your infant with your health care providers.

We are here to help you meet your goals for feeding your baby.