The Importance of Breastfeeding

Babies who are breastfed, compared to those who are fed with formula, are less likely to suffer from ear infections, diarrhea, allergies, obesity or develop diabetes.

Breastfeeding helps you to recover faster from labor and delivery, by helping you burn more calories. It also decreases your chances of getting certain types of cancer and heart disease.

It is a much cheaper option, as you do not have to buy formula or other packaged items.

Will I have milk as soon as my baby is born?

- Yes. You will first make colostrum which is thick and yellow, but has lots of antibodies, proteins and vitamins to protect your baby, especially in the first few days.
- The more you breastfeed, the more milk your body will make. Especially when your baby is growing faster around the first seven to ten days, two and three weeks, six weeks and three months old.