

Why Breastfeeding Matters

Health benefits for mothers and babies, and the impact on families, communities and the planet.

Breastfeeding supports health, strengthens families, saves resources and helps communities thrive.

1 Benefits for Baby

- Provides ideal nutrition and changes as baby grows
- Helps protect against infections, especially stomach, chest and ear infections
- Supports healthy growth and brain development
- Lowers the risk of sudden infant death syndrome (SIDS)
- May lower the risk of obesity and type 2 diabetes later in life

2 Benefits for Mother

- Helps the uterus recover after birth and may reduce bleeding
- Supports bonding and close connection with baby
- May lower the risk of breast cancer and ovarian cancer
- May lower the risk of type 2 diabetes and heart disease
- Provides a convenient, responsive way to feed and comfort baby

3 Economic and Environmental Impact

- Saves families money on formula, bottles and feeding supplies
- Helps reduce healthcare costs by preventing illness
- Produces little packaging waste and uses fewer resources
- Reduces transport, manufacturing and energy demands
- Supports healthier families, workplaces and communities

4 Risks of Not Breastfeeding

- Higher risk of infections and illness in infancy
- More doctor visits, hospital care and family stress
- Higher risk of some chronic diseases later in life
- Greater cost for families and health systems
- More environmental burden from formula production, packaging and waste

Breastfeeding is a public health, economic and environmental issue. Families need accurate information, protection and support.

When breastfeeding is not possible or families use other feeding methods, they still deserve respectful care and evidence informed support.

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