

5 INTERESTING FACTS ABOUT BREASTFEEDING

1

Your body is ready to feed your baby from the moment they are born. Colostrum, the first milk, is yellow and thick. It doesn't have much water in it so your baby only needs a very small amount.

2

Breastfeeding helps you and your baby produce oxytocin, a hormone that lowers stress and anxiety and makes us feel connected.

3

Breastfeeding supports the development of healthy gut bacteria in your baby, setting your baby up with a healthy immune system for life.

4

Breastmilk contains antibodies that are tailored to help your baby fight infections circulating in your environment.

5

Your baby breastfeeds in the early days, the quicker your body will start to make more milk. Your body is ready to breastfeed your baby again as soon as 20 minutes after they finish a feed.

