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# 101 Nursing Basics For New Moms About Breastfeeding: Benefits Of Breastfeeding



## Synopsis

101 Nursing Basics for New Moms About Breastfeeding - Benefits of Breastfeeding

And here is a book preview: Making the choice to breastfeed your new baby is one of the most important and far-reaching decisions you will make as a new mother. Both the American Academy of Pediatrics (AAP) and the World Health Organization (WHO) recommend breastfeeding as the preferred method of infant nutrition for the first year of life. The current AAP breastfeeding policy states, "Human milk is uniquely superior for infant feeding and is species-specific; all substitute feeding options differ markedly from it." Why? As acknowledged by the Food and Drug Administration (FDA), the exact chemical make-up of breast milk remains unknown and cannot be duplicated. Each year, synthetic baby milks are found to be nutritionally deficient as scientists expand their knowledge of human milk. Some of the known benefits of breastfeeding are:

- Breastfeeding is your baby's perfect nutrition. Breastmilk is a living substance that changes to meet your baby's nutritional needs, both during individual feedings and as he or she grows. Plus, you never have to worry about breastmilk being recalled for contamination.
- Breastfed babies have higher IQ's. Formula feeding is associated with lower IQ's and cognitive development. A recent study found, on average, children who were breastfed to have a three to five point IQ advantage over their formula fed peers.

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- a breastfeeding mothers guide, breastfeeding 101, breastfeeding 3/4 sleeve, breastfeeding accessories, breastfeeding alcohol test strips, breastfeeding and human lactation, breastfeeding apron, breastfeeding arm pillow, breastfeeding bags, breastfeeding book, breastfeeding books for first time moms, breastfeeding bottles, breastfeeding bra, breastfeeding clothes, breastfeeding cookies, breastfeeding cover, breastfeeding cover ups, breastfeeding cream, breastfeeding decal, breastfeeding disposable pads, breastfeeding dress, breastfeeding dresses for summer, breastfeeding dresses women, breastfeeding education, breastfeeding electric pump, breastfeeding electrical pump, breastfeeding engorgement, breastfeeding essentials, breastfeeding food, breastfeeding foot stool, breastfeeding footstool, breastfeeding for men, breastfeeding freezer storage organizer, breastfeeding gel pads, breastfeeding gel soothies, breastfeeding gift set, breastfeeding gifts, breastfeeding gown, breastfeeding hand pump, breastfeeding hands free bra, breastfeeding harness, breastfeeding heating pad, breastfeeding hoodie, breastfeeding ice packs, breastfeeding ideas, breastfeeding in progress sign, breastfeeding infinity scarf, breastfeeding items, breastfeeding jewelry, breastfeeding jewelry kit, breastfeeding jewelry, breastfeeding journal, breastfeeding jumper, breastfeeding kiinde, breastfeeding kit, breastfeeding kit for men, breastfeeding kit for

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## **Book Information**

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