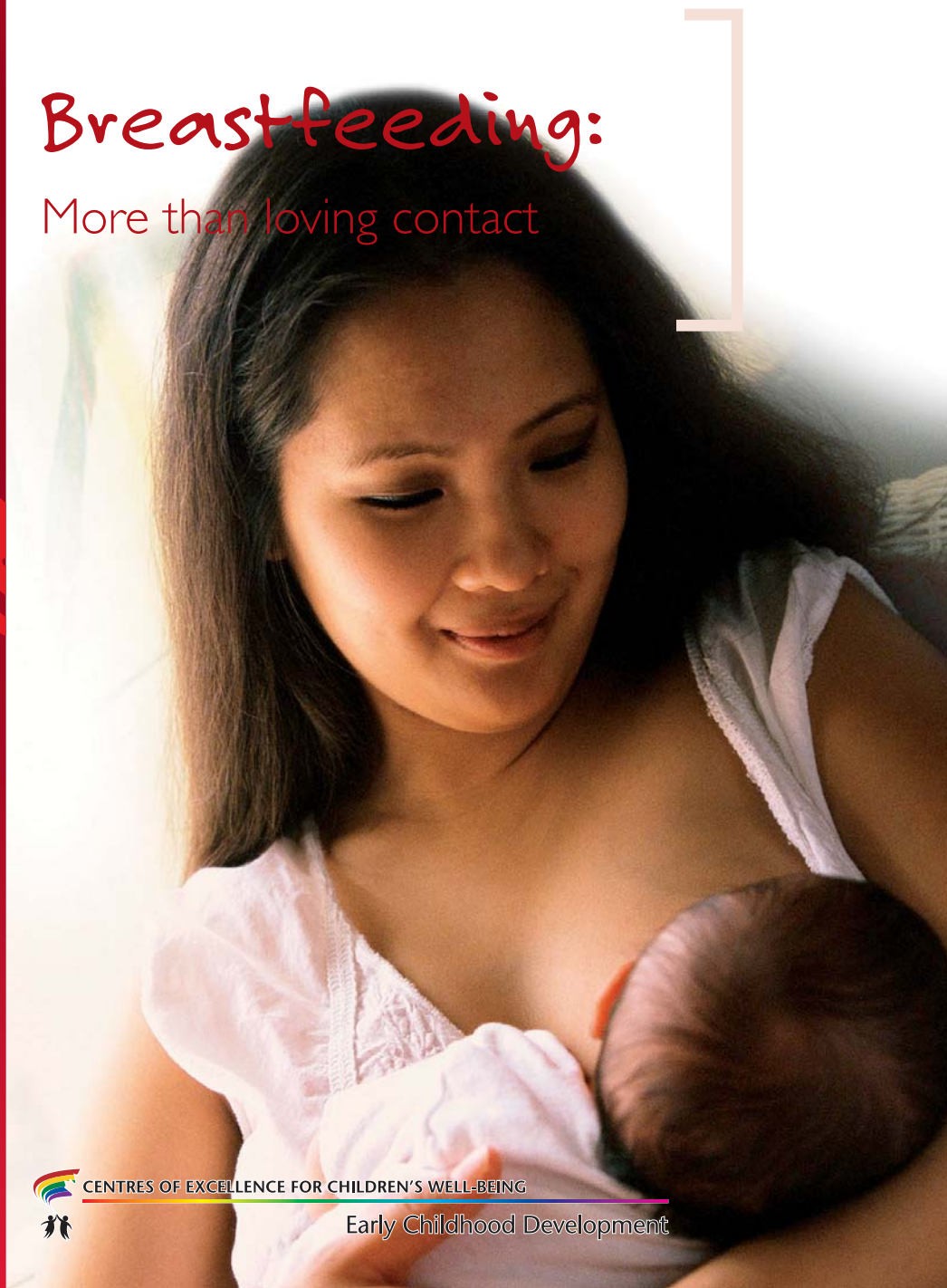


Eyes on



Breastfeeding:

More than loving contact



CENTRES OF EXCELLENCE FOR CHILDREN'S WELL-BEING

Early Childhood Development



“Mother’s milk contains substances that nourish and protect your baby from infections.”

What do we know?

- The World Health Organization (WHO) recommends that babies be nourished through breastfeeding only, with no other liquids or foods, during the first six months of life.
- The WHO also recommends that mothers continue to breastfeed their children while also giving them other appropriate foods, until the age of two, if both mother and child are comfortable with it.
- Many studies have confirmed the benefits of breastfeeding for the child’s nutrition, growth and development, as well as for the mother’s health.
- Mother’s milk contains substances that nourish and protect your baby from infections.
- Mother’s milk also contains fatty acids that are essential to the development of the baby’s brain and nervous system.
- Breastfeeding promotes your young child’s intellectual development.
- Breastfeeding makes your baby more resistant to infections such as diarrhea, otitis (ear infections) and pneumonia.
- In suckling, your baby learn to control his appetite as he stops drinking when he is no longer hungry. This learning helps prevent him from gaining excess weight.
- The warm contact provided by breastfeeding strengthens the relationship of emotional security between you and your child.
- Researchers have observed that breastfeeding mothers have more self-confidence, less stress, and fewer bad moods.



Paying attention to...

What can be done?

... the fact that breastfeeding is natural, but may need to be learned.

- Start to become informed, from the beginning of the pregnancy, if breastfeeding support services are offered in your community, such as support groups or breastfeeding peer counsellors.
- Encourage persons close to you, to become well informed about breastfeeding.

... the fact that certain actions make breastfeeding easier during the first few days after birth.

- Start breastfeeding as soon as possible after childbirth.
- Room in with your baby right from birth to help recognize your baby's hunger signals and make breastfeeding easier.

... the fact that breastfeeding is easier when the mother is supported and encouraged by those around her.

- Identify people who have a positive approach to breastfeeding and call on them as needed for support and encouragement.
- Ask for and accept help from those around you.
- Attend, if available, information meetings on breastfeeding with other parents for discussion and reassurance.



Information

The Centre of Excellence for Early Childhood Development identifies and summarizes the best scientific work on the social and emotional development of young children. It disseminates this knowledge to a variety of audiences in formats and languages adapted to their needs.

For a more in-depth understanding of breastfeeding, consult our experts' articles in the Encyclopedia on Early Childhood Development, available free of charge at www.child-encyclopedia.com.

This information sheet is published by the Centre of Excellence for Early Childhood Development, one of four Centres of Excellence for Children's Well-Being. Funding for the Centres of Excellence is provided by the Public Health Agency of Canada. The opinions expressed in this publication are those of the authors/researchers and do not necessarily reflect the official views of the Public Health Agency of Canada.

We are grateful to the Fondation Lucie et André Chagnon and the Alberta Centre for Child, Family and Community Research for their financial contributions to produce this information sheet.

Coordinator:
Lucie Beaupré

Collaborators:
Isabelle Vinet (CPEQ),
Julie Lauzière and INSPQ

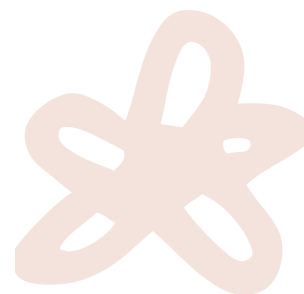
Copyeditor:
Lana Crossman

Translation:
Donna Riley

Graphic design:
DesJardins Conception Graphique inc.

Centre of Excellence for Early Childhood Development

GRIP-Université de Montréal
P.O. Box 6128, Succursale Centre-ville
Montreal, Quebec H3C 3J7
Telephone: 514.343.6111, extension 2541
Fax: 514.343.6962
E-mail: cedje-ceecd@umontreal.ca
Website: www.excellence-earlychildhood.ca



CENTRES OF EXCELLENCE FOR CHILDREN'S WELL-BEING

Early Childhood Development



Fondation Lucie
et André Chagnon



Encyclopedia
on Early Childhood
Development