11 Benefits of breastfeeding for baby

- Get sick less and have a lower risk of allergies.
- Have a lower risk of obesity and Types 1 and 2 diabetes.
- Have a lower incidence of SIDS (Sudden Infant Death Syndrome).
- Have a reduced risk for ear infections (otitis media) and gastroenteritis.
- Are on a path to optimal brain development.
- Get nutrients that help strengthen and develop their immature immune system in a way no other substance can.
- Respond better to immunizations against Polio, Tetanus, Diphtheria, and Haemophilus influenza (bacterium that can cause a severe infection).
- Are protected against respiratory infections including those caused by rotaviruses.
- Are less likely to be hospitalized with pneumonia or bronchiolitis, and have a decreased risk of lower respiratory tract infections.
- Have optimal oral development because of their jaw movements and nutrients in breastmilk decrease the risk of tooth decay.
- Have been associated with a slightly enhanced performance on cognitive development tests.