



**Breast Feeding  
vs.  
Bottle Feeding**

# **Breastfeeding: The Advantages**

- Nursing can be a wonderful experience for both mother and baby.
- It provides ideal nourishment and a special bonding experience that many nursing mothers cherish.

# Benefits of Breastfeeding

- **Infection-fighting.** Antibodies passed from a nursing mother to her baby can help lower the occurrence of many conditions, including:
  - ear infections
  - diarrhea
  - respiratory infections
  - meningitis

- Breastfeeding is particularly beneficial for premature babies and also may protect children against:
  - allergies
  - asthma
  - diabetes
  - obesity
  - sudden infant death syndrome (SIDS)

# Nutrition and ease of digestion

- Often called the "perfect food" for a human baby's digestive system, breast milk's components
  - lactose, protein (whey and casein), and fat are easily digested by a newborn's immature system.

# As a group, breastfed infants

- Have less difficulty with digestion than do formula-fed infants.
- Have fewer incidences of diarrhea and constipation.

# D in the Infant's Diet

- Vitamin D is produced by the body when the skin is exposed to sunlight
- AAP recommends that all breastfed babies begin receiving vitamin D supplements during the first 2 months-1 year of age
- Sources: vitamin D-fortified formula or milk

# Advantages of Breastfeeding

## 1. Free:

- Doesn't cost a cent, while the cost of formula quickly adds up.
- Immunities and antibodies passed- infants are sick less often than infants who receive formula.
- Women who breastfeed are less likely to have to take time off from work to care for their sick babies.
- For example, researchers have determined that infants who are breastfed exclusively have fewer episodes of ear infections.



# Advantages of Breastfeeding

## 2. Different Tastes:

- A nursing mother will usually need 500 extra calories per day
- Introduces breastfed babies to different tastes through their mothers' breast milk, which has different flavors depending on what their mothers have eaten.



# Advantages of Breastfeeding

## 3. Convenience

- No last-minute runs to the store for more formula
- Breast milk is always fresh and available
- No need to warm up bottles in the middle of the night
- Easy for mothers to be active



# Advantages of Breastfeeding

**4. Obesity prevention**

**5. Smarter babies**

**6. "Skin-to-skin" contact:**

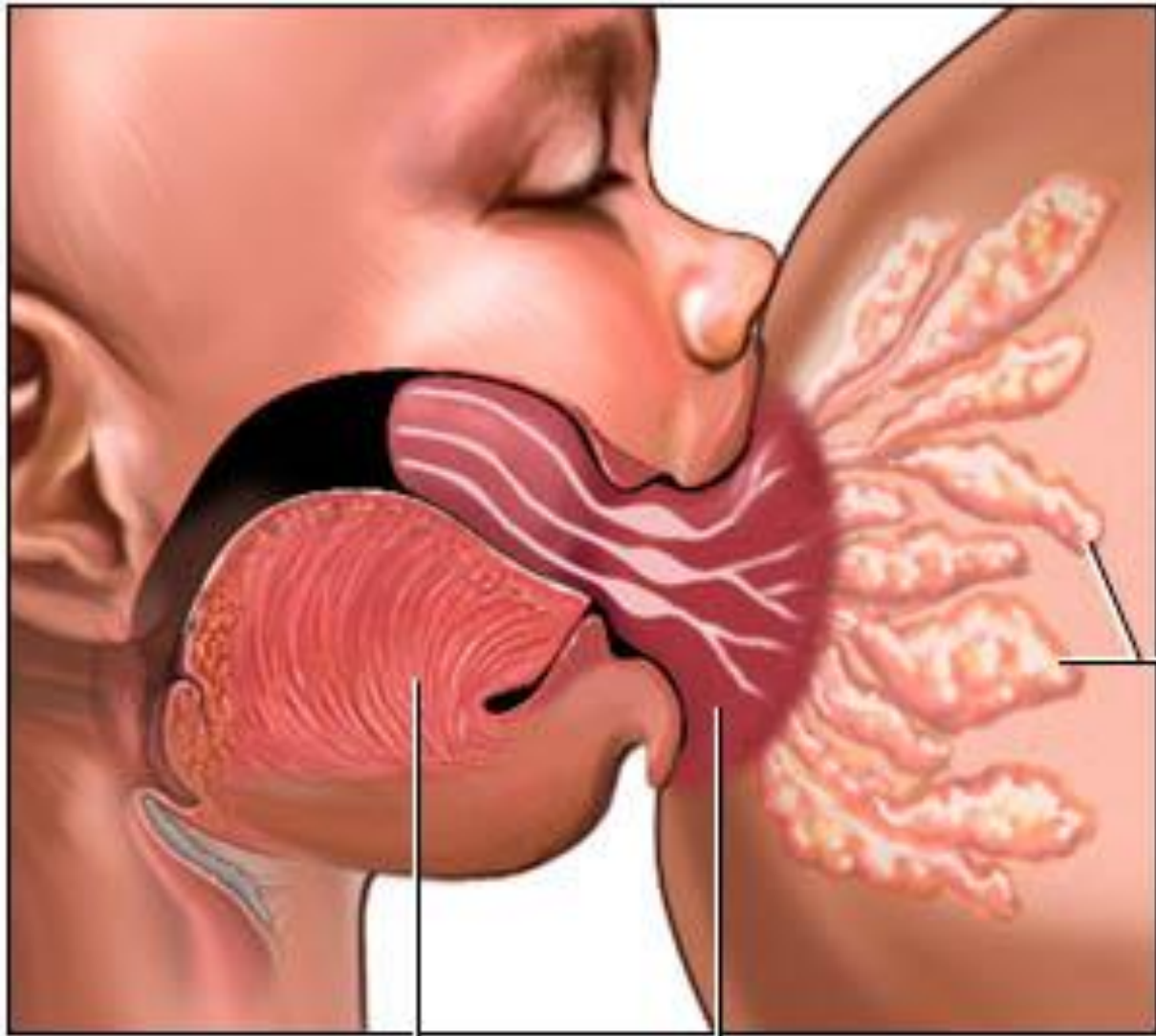
- can enhance the emotional connection between mother and infant

**7. Beneficial for mom:**

- Help a new mother feel confident in her ability to care for her baby
- Burns calories and helps shrink the uterus
- Helps lower the risk of breast cancer and also may help decrease the risk of uterine and ovarian cancer.

# **Breastfeeding: The Challenges**

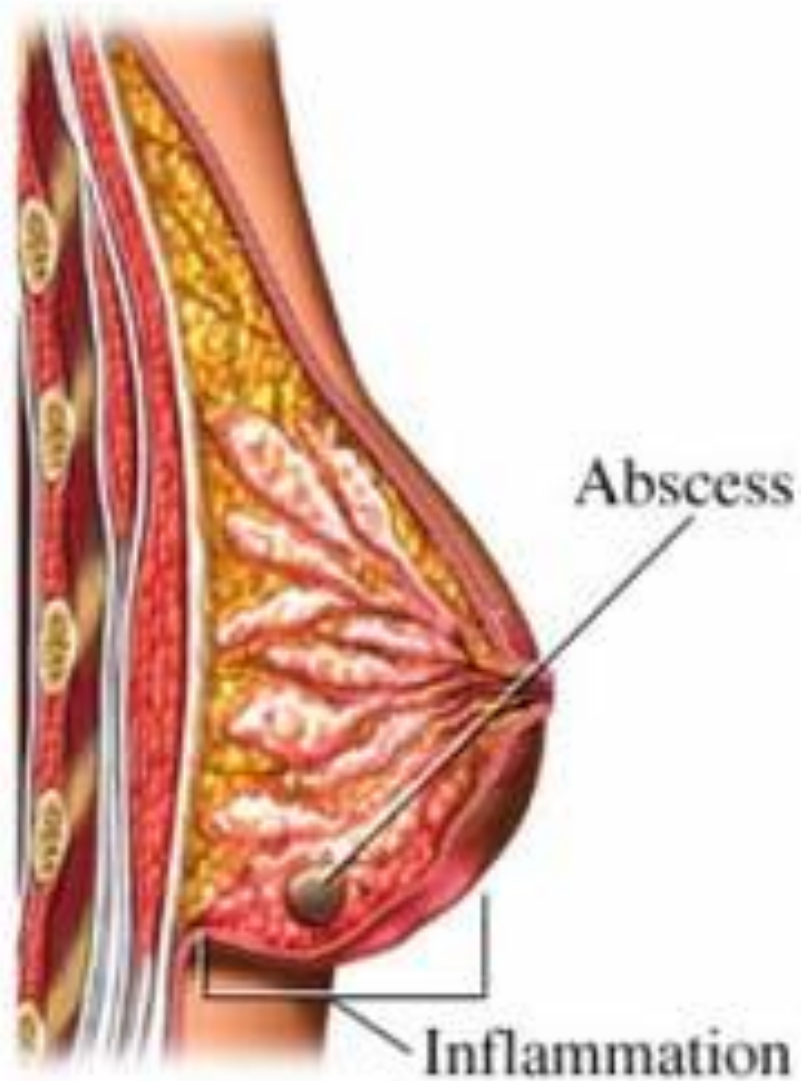
- **Personal Comfort**
- **Latch on Pain**
- **Time and Frequency of Feeding**
- **Diet**
- **Maternal medical conditions, medicines, and breast surgery**



Tongue

Areola

Milk glands



# Formula Feeding: The Advantages

## 1. Convenience:

- Either parent (or another caregiver) can feed the baby a bottle at any time.
- Allows the mother to share the feeding duties.
- Helps her partner to feel more involved in the crucial feeding process and the bonding that often comes with it.

# Formula Feeding: The Advantages

## 2. Flexibility.

- Mother can leave her baby with a partner or caregiver and know that her little one's feedings are taken care of.
- No need to pump
- No need to schedule work or other obligations around the baby's feeding schedule.
- Don't need to find a private place to nurse in public.



# Formula Feeding: The Advantages

## 3. Time and frequency of feedings

- Formula digests slower than breast milk
- Formula-fed babies usually need to eat less often than do breastfed babies.

## 4. Mother's Diet

- Mothers can resume their normal eating habits

# Formula Feeding: The Challenges

## 1. Organization and preparation

- Formula must be on hand at all times
- Bottles and nipples must be sterilized
- Bottles left out of the refrigerator longer than 1 hour and any formula that a baby doesn't finish must be thrown out.
- Prepared bottles of formula should be stored in the refrigerator for no longer than 24 to 48 hours

# Formula Feeding: The Challenges

**2. Lack of antibodies**

**3. Expense**

**4. Possibility of producing gas and constipation.**

Formula-fed babies may have more gas and firmer bowel movements than breastfed babies.

# Formula Feeding: The Challenges

## 5. Can't match the complexity of breast milk.

- Manufactured formulas have yet to duplicate the complexity of breast milk, which changes as the baby's needs change.

## 6. A Personal Decision