

Did you know?

An infant feeding decision has long-term effects

A breastfed baby may have lower risk of being an overweight child. Childhood obesity is a risk factor for **heart disease** in adulthood.

Von Kries, R, et al. (1999) Breastfeeding and obesity: cross sectional study. *Brit Med J* 319:147-150.

Wilson A, et al. (1998) Relationship of infant diet to childhood health. *Brit Med J* 316, 21-5.

Breastmilk is brain food. Breastfeeding is associated with intellectual development and **educational achievement** with differences continuing to age 18.

Horwood JL, Fergusson DM (1998) Breastfeeding and later cognitive and academic outcomes. *Pediatrics* 101(1) 01-07.

Women who breastfed may have a reduced risk of **breast cancer**.

Enger SM et al. (1997) Breastfeeding history, pregnancy experience and risk of breast cancer. *Br J Cancer* 76(1):118-23

Chilvers, CE ed. (1993) Breastfeeding and the risk of cancer in young women. *Br Med J* 307, 17-20

Newcombe PA et al. (1994) Lactation and a reduced risk of premenopausal breast cancer. *NEJM* 330, 81-87

Six months of artificial feeding one baby results in 4.3 kg of **waste** - cartons, tins, bottles, teats, etc. Ammelhjelpen, Norway, 1997

Ireland has approximately 35,000 artificially fed infants each year, contributing 150 tones of waste to be disposed of.

Sore nipples are frequently caused by poor attachment at the breast, a situation that can be remedied with skilled assistance.

Woolridge MW. (1986) Aetiology of sore nipples. *Midwifery* 2, 172-176.

The majority (84%) of people have "no problem" with a woman breastfeeding in public.

Research by Community Nutrition Service, Eastern Health Board, Dublin 1998

Breastfeeding makes a difference

Make time to discuss it during pregnancy