

# Breastfeeding: An Important Health Choice for You and Your Baby

## Benefits

There is no formula to buy, measure and mix. Did you know breastfeeding can save you between \$1,160 and \$3,915 per year, depending on the brand of the formula!

It's even easier for a nursing mother to lose the extra pounds she gained during pregnancy, since nursing uses up extra calories.

Breastfeeding creates a special bond between mom and baby. A nursing baby enjoys a sense of security from the warmth and presence of the mother, especially when there's skin-to-skin contact during feeding. Nursing becomes more than a way to feed a baby; it's a source of warmth and comfort

Breast milk contains colostrum, which is different from infant formula. Colostrum, the thick yellow first breast milk that you make during pregnancy and just after birth, will give your baby the best start to life. It is what is needed for nourishment and protection from germs and sickness as our baby first enters the world.

## Breastfeeding is linked to a lower risk of these health problems:

### In infants

Ear infections  
Diarrhea  
Asthma  
Obesity  
SIDS  
Allergies

### In Moms

Type 2 diabetes  
Breast cancer  
Ovarian cancer  
Postpartum depression  
Osteoporosis  
Heart disease



## Going Back to Work and Breastfeeding

- Before you go on maternity leave, work with your employer about why breastfeeding is important and why pumping is necessary, and how you plan to fit pumping into your workday, such as during lunch and other breaks. You will want to request a clean and private area where you can pump your milk, preferably some place other than a bathroom stall.



### WI Breast Feeding Law:

- Every employer shall provide a reasonable amount of break time to accommodate an employee desiring to express milk for the employee's infant. The break time can run at the same time as any break time already provided to the employee. Break time for an employee that does not run at the same time with the rest time authorized for the employee shall be unpaid.
- The employer shall make reasonable efforts to provide the employee with the use of a room or other location, other than a toilet stall, in close proximity to the employee's work area, for the employee to express milk in private. The room or location may include the place where the employee normally works if it otherwise meets the requirements of this section.