

### By *not* breastfeeding, your baby may have:

- Less resistance to infectious diseases  
(baby will get more illnesses such as: ear infections, gastro intestinal problems, diarrhea, respiratory tract infections, pneumonia, urinary infections, diabetes, lymphoma, Crohn's disease, and increased risk for obesity in later life)
- Less developed immune system  
(decreased response to immunizations such as polio, tetanus, diphtheria, Haemophilus influenzae)
- A less nutritious product when compared to breast milk (nutrients in breast milk match infant requirements for optimal growth and development. Breast milk is easily digested, nutrients are utilized efficiently, and is not stressful on immature infant kidneys compared to formula)
- Poorer dental development (more cavities, less straight teeth)
- Increased risk for allergies
- No benefits of antibodies (Secretory IgA) to help develop immune system
- Less benefits of the long-chain polyunsaturated fatty acids that are important for brain development that yield in higher IQs and higher cognitive development and greater visual acuity
- Increase risk for SIDS
- Increased risk of overfeeding and obesity
- Increased spitting-up (poorer absorption)
- More constipation or less frequent or irregular bowel movements

### By *not* breastfeeding, mother may:

- Not have postpartum weight loss due to the calories expended for breast milk production
- Not have her uterus return to pre-pregnancy size as fast (suckling during breastfeeding promotes uterine contractions that helps this)
- Have more bleeding (lactation increases levels of a hormone, oxytocin that helps with this)
- Have increased risk of cancers (certain types such as breast, ovarian, uterine) compared to those who breastfed
- Have increased risk for osteoporosis (more fragile bones and hip fractures later in life) compared to those who breastfed
- Miss out on the special bond between her and her baby from breastfeeding
- Not receive the benefits of relaxation and emotional health (due to hormonal releases and time sitting down cuddling/nursing)
- Not experience the benefits of increased self-esteem due to breastfeeding
- Not be established as the mother of the baby due to breastfeeding, something special only she can do for her baby (especially with young mothers)
- Spend more money (due to higher health care costs, need for formula or feeding supplies)
- Not be recognized as a role model to others and peers for breastfeeding
- Incur more inconveniences due to preparation of formula, preparing bottles, etc.

### *By not breastfeeding, society may have:*

- *Increased days of absenteeism from work  
(breastfeed infants and children are healthier)*
- *Increased medical costs*
- *Increased tax dollars spent on food and medical expenses by the WIC and Medicaid programs*
- *Less healthy families*

*More environment waste and impact (formula negatively impacts the environment in the production, manufacturing, packaging, transporting and packaging disposal)*