

## AAP Breastfeeding Statement

A policy statement entitled “Breastfeeding and the Use of Human Milk” was published on February 27, 2012 in *Pediatrics*, the journal of the American Academy of Pediatrics. Below are the final paragraph and a summary of breastfeeding benefits prepared by the AAP. For the complete statement, please click [here](#).

### **Conclusions**

Research and practice in the 5 years since publication of the last AAP policy statement have reinforced the conclusion that breastfeeding and the use of human milk confer unique nutritional and nonnutritional benefits to the infant and the mother and, in turn, optimize infant, child, and adult health as well as child growth and development. Recently, published evidence-based studies have confirmed and quantitated the risks of not breastfeeding. Thus, infant feeding should not be considered as a lifestyle choice but rather as a basic health issue. As such, the pediatrician’s role in advocating and supporting proper breastfeeding practices is essential and vital for the achievement of this preferred public health goal.

### **Summary of Benefits**

#### ***For the baby***

Breastfeeding decreases the possibility that your baby will get a variety of infectious diseases, ear infections, diarrhea, etc.

#### ***For the mother***

Breastfeeding mothers return to their pre-pregnancy weight faster and have a reduced risk of breast and ovarian cancer. They also experience less postpartum bleeding, as the hormones that help with breastfeeding also make the uterus contract.

#### ***For the family***

Breastfeeding facilitates bonding. Fathers and other children can participate by helping the mother with burping and rocking the baby, making sure the mother is eating and drinking enough, and helping with breast pump equipment and bottles.

#### ***For the community***

Breastfeeding is lean, green, and clean. Breastfed babies are at a lower risk of being obese children. Breastfeeding won't put a huge dent in your wallet, it saves water, and it doesn't use energy for manufacturing or pollute the environment with garbage or manufacturing air pollution. There is no worry about the risk of contamination from bacteria or other substances. It is always fresh, at the right temperature, and ready to feed!