

Infant Feeding – Are you making an informed decision?

How you feed your baby is a big decision. It is important that parents make informed decisions about infant feeding by learning about the benefits and risks of each feeding choice and then deciding what's right for themselves and their baby. The following chart can help you make an informed decision and be on your way to give your baby a healthy start.

Breastfeeding	Breastmilk substitute (formula)
<p>Breastmilk will help protect your baby from:</p> <ul style="list-style-type: none"> • Infections and illnesses, such as: <ul style="list-style-type: none"> ○ Ear infections ○ Bowel disease ○ Coughs and colds ○ Some childhood cancers ○ Diabetes • SIDS (Sudden Infant Death Syndrome) • Being overweight or obese by building better eating habits <p>Breastfeeding will help protect you from:</p> <ul style="list-style-type: none"> • Postpartum haemorrhage • Breast cancer • Ovarian cancer <p>Breastfeeding promotes closeness and bonding of mom and baby.</p>	<p>Breastmilk substitute (formula):</p> <ul style="list-style-type: none"> • Does not change to meet your baby's growing needs • Does not protect your baby from infections and diarrhea • Is not sterile (powdered form) • Is not recommended for babies less than two months of age (powdered form) <p>Challenges with breastmilk substitute (formula) include:</p> <ul style="list-style-type: none"> • Extra time is needed to sterilize equipment • Mistakes can be made during preparation <p>If you have made an informed decision to give your baby breastmilk substitute and need more information please visit our Food Safety page.</p>

Source: Toronto Public Health