

BREASTFEEDING VS. FORMULA FEEDING

Breast milk is the perfect nutritious food for your baby. For the first 6 months, breast milk is the only thing your baby needs to keep him/her healthy and growing¹. Not only is it natural and convenient, breast milk is easy for your baby to digest compared to milk-based or soy-based formulas that may lead to gas or digestive discomfort².

Breast milk is the best choice you could ever make for both you and your baby. Here are a few reasons why:

- **You can lose weight³:**
 - Moms can lose up to 500 calories each day when she is exclusively breastfeeding. That adds up to 1 pound each week!
- **Your baby will be sick less often^{4,5}:**
 - Breast milk gives a boost to your baby's immune system
 - Formula fed babies are almost 5 times more likely to become sick
- **You will take less time off work to care for a sick baby⁴**
 - Exclusive breastfeeding provides your baby many more health benefits than formula, including immunity..

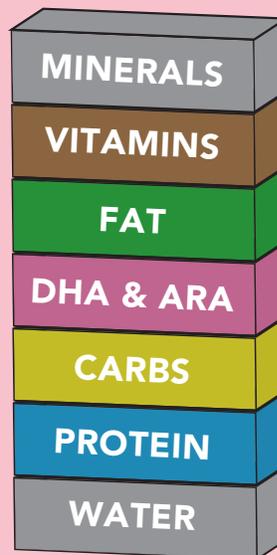
TIPS OF THE WEEK

Breastfeeding:

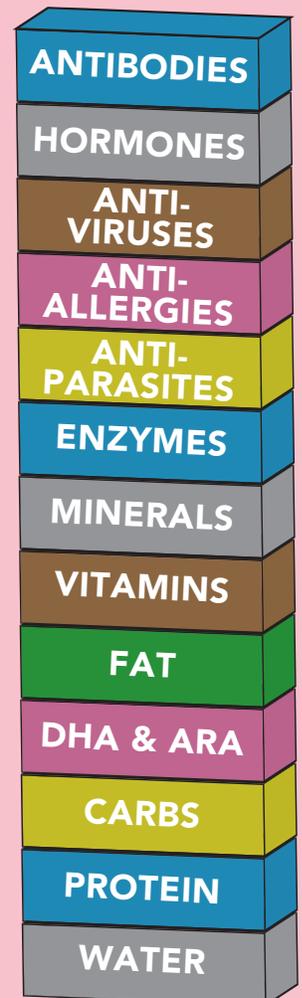
- Is healthiest for your baby
- Helps mom lose weight
- Saves time
- Saves money

- **Formula does not provide enzymes, hormones, antibodies, anti-virus, anti-allergies or anti-parasites.** Let's compare⁶:

FORMULA



BREAST MILK



Comprehensive Perinatal Services (CPSP), Los Angeles County Department of Public Health

- **Formula feeding takes about 20-40 minutes:**
 - You need time to prepare the bottle, to adjust the bottle and feed, to clean and sterilize the bottle, and to clean and sterilize nipple caps.
 - **Breastfeeding requires no preparation and only takes 15-20 minutes!**^{7,8}
- **You will get more sleep!**⁹ Exclusive breastfeeding allows you to get 40 more minutes of sleep compared to formula feeding.
- **Breastfeeding saves money.** You save \$1,500-\$3,000 each year by not buying formula^{2,3}.

LET'S COMPARE ONE YEAR OF BREASTFEEDING TO FORMULA FEEDING:

Breastfeeding only costs around \$375/year. You will need a nursing bra, double electric breast pump, bottles, and breast milk storage bags. On the other hand, formula can cost between \$1,500 and \$3,000/year because you need formula, bottles, nipples, sterilizers and other supplies. You may be covered for a breast pump and visits with a lactation consultant through your medical insurance plan, WIC, Medi-Cal or the Affordable Care Act.

EXCLUSIVE BREASTFEEDING



\$375 PER YEAR

FORMULA FEEDING



\$1,500-\$3,000 PER YEAR

CONTINUE BREASTFEEDING. REMEMBER, BREASTFEEDING:

- Helps with weight loss
- Keeps your baby healthy
- Adds more minutes to your sleep
- Gives you more free time
- Saves you money

YOU CAN ALSO:

- Refer to the Choose Health LA Moms Breastfeeding Resources
- Refer to the Affordable Care Act Resources for more information
- If your healthcare provider advised you to feed your premature baby formula, please refer to the *I Have a Baby in the NICU* lesson under "Other Issues" for more information

IF YOU NEED BREASTFEEDING HELP, CALL THE HELP LINE: 888-278-6455

RESOURCES:

Review Breastfeeding lessons *Breastfeeding and Pumping (Week 7)* and *I Have a Premature Baby in the NICU*.

WOMENS HEALTH. YOUR GUIDE TO BREASTFEEDING.

<https://www.womenshealth.gov/files/assets/docs/breastfeeding/breastfeedingguide-general-english.pdf>

COVERED CALIFORNIA HEALTH INSURANCE

coveredca.com

kidshealth.org/parent/growth/feeding/breast_bottle_feeding.html

babycareadvice.com/babycare/general_help/article.php?id=10

<https://babygooroo.com/articles/the-economics-of-breastfeeding>

VIDEOS:

youtube.com/watch?v=iX96qP-BaYw&feature=youtube_gdata_player

youtube.com/watch?v=-NKgyFl_phs&list=SPB3959C47157F38B3

APPS:

BABY NURSING / BREASTFEEDING (FREE):

itunes.apple.com/us/app/baby-nursing-breast-feeding/id420447115

BABY FEEDING LOG (FREE):

itunes.apple.com/us/app/baby-feeding-log/id412360317?mt=8

IBABYLOG (FREE):

itunes.apple.com/us/app/ibabylog-baby-tracker./id466576348?mt=8

BREASTFEEDING TABULATOR (ANDROID, FREE):

play.google.com/store/apps/details?id=com.ccwilcox.bft&hl=en

BLOGS:

PERSPECTIVE ON BREAST FEEDING

<http://www.milkfriendly.com/p/about-milk-friendly.html>

PERSPECTIVE ON FORMULA FEEDING

fearlessformulafeeder.com/

BREASTFEEDING ISN'T EASY

newsmomsneed.marchofdimes.com/?p=14957

BREASTFEEDING TIPS AND TRICKS

blogs.babycenter.com/tips_and_tricks/10-best-breastfeeding-tips-from-other-moms-07242013/

BREASTFEEDING BENEFITS

thenewbornbaby.com/breastfeeding-blog/index2d2a.html?Tag=breastfeeding+benefits

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8. Lauwers, J. and Swisher, A. (2011). *Counseling the Nursing Mother: A Lactation Consultant's Guide*. 5th Ed. Jones & Bartlett Learning. Sudbury, MA.
9. Kendall-Tackett, K., Cong, Z. & Hale, T. (2011). The Effect of Feeding Method on Sleep Duration, Maternal Well-Being, and Postpartum Depression. *Clinical Lactation*, pp. 22-26.