

# How Breastfeeding Protect...

...Women's Health



...Children's Health and Development

By improving  
sleep quality



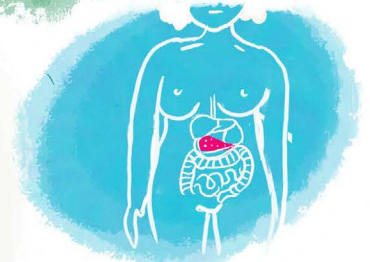
By lowering the risk of high  
blood pressure



By delaying the return  
of menstrual cycles



## How breastfeeding protects women's health



By reducing the risk  
of Type 2 Diabetes

By decreasing the risk of  
certain cancers



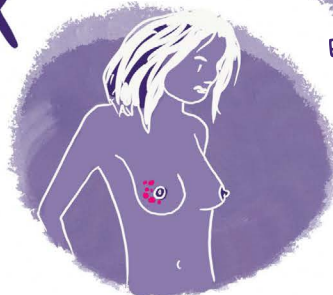
Ovarian cancer



Endometrial cancer



Thyroid cancer



Breast cancer



# How Breastfeeding Protects Children's Health



By adapting the immunological composition of the milk to the child's needs



By colonizing the gastro-intestinal system and regulating the microbiome



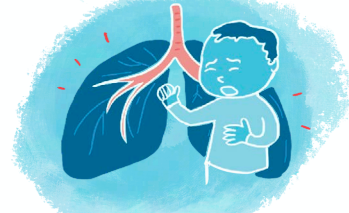
By transmitting immunological component



By reducing the risk of Sudden Infant Death Syndrome



By reducing the risk of wheezing



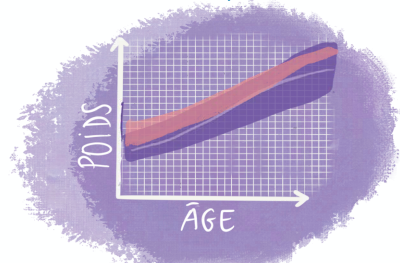
By preventing respiratory infections



By preventing ear infections



By preventing gastro-intestinal infections



By preventing overweight and obesity



By preventing leukemia



By decreasing respiratory anomalies during sleep



By preventing dental malocclusion

Some of these protective effects continue beyond breastfeeding

[mouvementallaitement.org/effet-protecteur](http://mouvementallaitement.org/effet-protecteur)

# How Breastfeeding Protects Children's Development



## By creating healthy attachments

Breastfeeding has been shown to foster the creation of a strong bond that makes children feel safe and encourages them to confidently explore their environment, to better regulate their emotions, and to adapt more easily to stressful situations.

## By optimizing cognitive development

Compared to breastfeeding, artificial infant feeding is generally associated with less-than-optimal cognitive development, including important capacities such as intelligence, memory, language, and numeracy.



## By enriching eating habits

Breastfeeding exposes infants and young children to a variety of flavours; from the beginning of their lives, the taste of breastmilk changes with each feeding,