

Choose Breastfeeding

Written by [Laurel Haring](#) Sunday, May 25 2008 15:07

Whenever babies are the in picture (pregnancy, newborn, the first year), someone will ask you how you plan to feed your baby. Naturally, it's not anyone's business but your own. However, if you feel like responding that you'll be breastfeeding and then responding to those who ask you why on earth you'd do that, here are the top 10 reasons for breastfeeding your baby.

So, some nosy parker has asked you how you plan to feed your baby and then asked you why. Here are the top 10 reasons*, in no particular order, to choose breastfeeding for your baby:

Whatever reasons you might choose for breastfeeding your baby, you can feel good about the choice you've made.

1. It's free. Granted, you'll need to buy nursing bras and containers if you're going to pump and store your milk; however, those expenses are minimal when compared to the price of formula. Take a peek at those prices the next time you're in the grocery store or drugstore.
2. It's preheated. Always the right temperature, breastmilk will never, ever burn your baby or shock her into full wakefulness during a nighttime feeding because it's too cold.
3. It's premeasured. Your milk production is keyed in to your baby's needs. The more he nurses, the more milk your body produces; the opposite is also true. There's absolutely no need to know how many ounces your baby has eaten if he is gaining weight, is having bowel movements between two and five times every 24 hours, and is wetting one or two diapers each day (first few days of life) or between five to six disposable diapers per day.
4. It's formulated to provide your baby exactly what she needs -- and nothing else. Human milk is made for human babies, and is easier to digest and better tolerated than formula. It contains antibodies, hormones, and enzymes that nature has formulated just for human babies -- just for your baby.
5. It will help strengthen your bond with your baby. Certainly mothers who formula feed their babies bond with them; however, when you're a nursing mother, a closeness is created that can be challenging to describe. When I was nursing my children, I felt that I was giving part of me to nourish them, that it was just the start of a lifetime of love and caring that no one but I could give. And the prolactin "rush" was wonderful -- it made me feel warm, relaxed, and utterly at peace with the world, no matter how bad my day might have been.

6. It will help you regain your prepregnancy weight faster. You may have to slightly increase your calorie intake to keep pace with the demands on your body; however, because part of breastmilk is fat (needed by your baby for energy), it doesn't take a rocket scientist to see that those baby pounds will disappear much faster (and more safely) than if you were formula feeding and dieting.
7. It's easy to use. With just a little practice, you'll be able to nurse with the best of them. It is a learned skill, but many people are out there, willing to help you learn, if you just ask.
8. It's portable. Just grab your baby and your diaper bag and go. When you nurse, you don't need to schlep heavy bottles, water, and formula with you everywhere.
9. It doesn't harm our environment. Think about the cost of producing formula and its packaging and you'll see that nursing is the much environmentally friendlier way to feed your baby.
10. Just because. Remember: you're the mom now (or soon will be). If you choose to breastfeed your baby, then that's reason enough.

* These reasons were chosen by me. There is no ultimate authority when it comes to breastfeeding. I'm just the authority here because I'm writing the article. :o)

Laurel Haring is a writer and editor. She and her family live in Wilmington, Delaware. On the eve of this year's Memorial Day, she's spent some time thinking of family members who are now or who have in the past served our country and sent her love and gratitude to each of them.

<http://www.typeamom.net/choose-breastfeeding.html>