



**THE DIRECTORATE  
OF WOMEN'S HEALTH**



The National Breastfeeding Coordinating Unit of the Ministry of Health leads the way in the protection, promotion and support of Breastfeeding and is committed to providing accurate and up to date information to our citizens, in keeping with international standards.

The information contained in this document is intended solely as a guide for general information only.

Please consult with your health care provider for specific advice based on your own health assessment. This brochure was produced using the most up to date information at the time of production, by the Directorate of Women's Health, Ministry of Health, Trinidad and Tobago.

Additional resources are available via The Ministry of Health's Website:  
[www.health.gov.tt](http://www.health.gov.tt)



The publication of this document was supported by the Pan American Health Organization and the Breastfeeding Association of Trinidad and Tobago.

-  [www.health.gov.tt](http://www.health.gov.tt)
-  Ministry of Health-Trinidad and Tobago
-  TrinidadHealth
-  MoH\_TT
-  minhealthtt

**WOMEN'S HEALTH**



**Benefits of  
Breastfeeding  
to Mothers**

# Why Breastfeed?

**Breastfeeding has a host of benefits to mothers. These include physiological, psychological, social and emotional benefits.**

## What are some of the Benefits of breastfeeding to the mother?

- 1 Burns extra calories. Breastfeeding mothers lose weight faster than non-breastfeeding mothers.
- 2 Reduces anemia as it helps post-delivery blood loss to reduce faster and may also temporarily stop period if exclusive breastfeeding is taking place.
- 3 Helps the uterus (womb) return to its normal size faster.
- 4 It is convenient and it saves time, money and eases stress.
- 5 Lowers the risk of breast and ovarian cancer, especially if breastfeeding is taking place for more than 12 months.

- 6 There is a reduced risk of developing other health issues such as:
  - a. Type 2 diabetes mellitus
  - b. Arthritis
  - c. Heart disease
  - d. High blood pressure
  - e. Obesity
  - f. High blood fats

7 Mothers who breastfeed recover from childbirth more quickly and easily.

8 Exclusive breastfeeding under certain conditions is used as a method of contraception for up to six (6) months.

9 It lowers the risk of postpartum depression. Breastfeeding produces the hormone “prolactin” that reduces stress and promotes positive emotions.

10 Breastfeeding mothers are much more confident and demonstrate stronger self-esteem.

11 The bond of a nursing mother is stronger than any human contact and provides the mother and infant with a powerful psychological experience.

12 Breastfeeding is one parenting behaviour that only the mom can do for her baby which creates a unique and powerful physical and emotional connection. This often sets the health and psychological foundations for years to come.

13 Family support for mother during breastfeeding can develop stronger family bonds.

14 Mothers are able to read their infant’s cues which is important in shaping the behaviour of the infant.

15 Healthier babies result in mothers taking less time away from work and spending less money on medical visits.

16 There is no additional cost to purchase artificial feeds or related items and no additional preparation outside of the mother’s body.

17 Travelling with a breastfed baby is much easier.

18 As an added bonus, breastfeeding gives you a valid reason to sit down, put your feet up and relax with your precious newborn.