

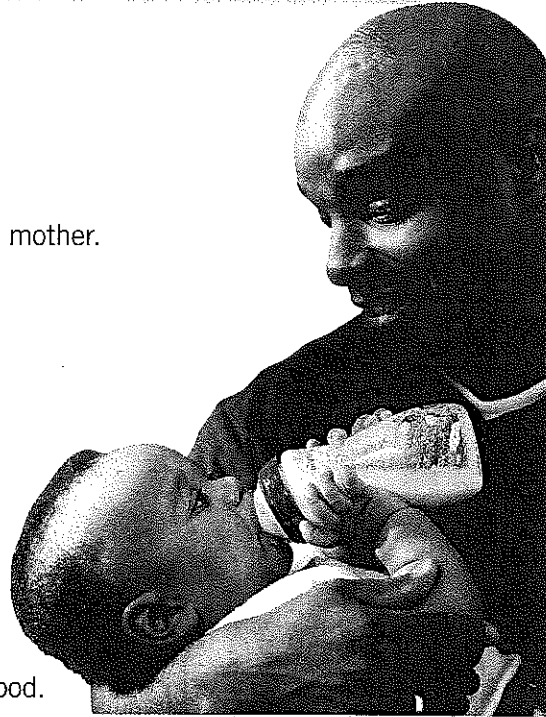
Fig. 5-8

Comparing Breast-Feeding and Bottle-Feeding

Breast-Feeding

Advantages

- Best source of nutrition for baby.
- Gives the baby some immunity against diseases.
- Creates a bond through physical closeness with the mother.
- May boost brain development.
- Reduces baby's risk of allergies.
- Causes fewer digestive upsets.
- Speeds the return of the mother's uterus to normal size.
- Reduces the mother's risk of later having breast or ovarian cancer.
- Reduces the risk that the mother will feel depressed.
- Is conveniently available at all times.
- Is free, though a nursing mother needs additional food.



Disadvantages

- Prevents father from participating in feeding.
- Baby has to be fed more often.
- In rare cases, may be medical reasons that suggest breast-feeding is not desirable.
- May be painful for some mothers.
- May be difficult because of work schedule.

Bottle-Feeding

Advantages

- Allows father to participate in feeding.
- Allows mother to have a more flexible schedule.
- Eliminates concern about mother's diet or medications she takes.
- Babies need feeding less often.

Disadvantages

- Can be expensive.
- Does not give the baby any natural immunities to disease.
- Involves a greater chance of baby developing allergies.
- Creates risk that baby may not be given close physical contact during feeding.