TuSalud

Mother and Child Can Benefit From Breast-feeding

Though sometimes a controversial topic, breast-feeding is a natural and healthy way to start life with your baby. The American Academy of Pediatrics, the American Medical Association, and the World Health Organization all recommend breast-feeding, especially in the period right after birth, as a way to help prevent allergies and to protect babies against infection and lifelong health problems. As we head into National Breast-feeding Month, here's everything you need to know about the subject, for both mother and child.

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Why Breast-feeding Is Important

Both mother and child can benefit from breast-feeding,biologically and psychologically. First, let's take a look at the baby and hisor her first days.

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http://beta.docker.tusaludmag.com/article/August-Breastfeeding-Month-22766-3252