

# Infant Nutrition

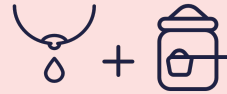
Because figuring out your infant nutrition can be daunting as f\*\*\*, we wanted to break down pros and cons of different infant feeding options based on evidence.



## Breastfeeding at the Breast



## Breastfeeding via Breastpump



## Supplementing with Formula



## Exclusive Infant Formula



## Donor Milk

	Breastfeeding at the Breast	Breastfeeding via Breastpump	Supplementing with Formula	Exclusive Infant Formula	Donor Milk
Pros	<p>For those that can, recommended by AAP for 6 months, or up to a year with supplemental nutrition.</p> <p>Bonding with your baby!</p> <p>Strong evidence your baby will grow to be happy and healthy!</p> <p>For babies, access to breastmilk has been shown to protect against respiratory illnesses, ear infections, gastrointestinal diseases, eczema, and sudden infant death syndrome.</p> <p>For mothers, breastfeeding may help reduce postpartum blood loss and may lower risk of post-partum depression, Type 2 diabetes, rheumatoid arthritis, cardiovascular disease, breast cancer, and ovarian cancer.</p>	<p>Flexibility! Allows you to transition to work</p> <p>Enables your partner to get involved so it is not just up to you, which enables sleep for you :)</p> <p>Bonding with your baby!</p> <p>Strong evidence your baby will grow to be happy and healthy!</p> <p>For babies, access to breastmilk has been shown to protect against respiratory illnesses, ear infections, gastrointestinal diseases, eczema, and sudden infant death syndrome.</p> <p>For mothers, breastfeeding may help reduce postpartum blood loss and may lower risk of post-partum depression, Type 2 diabetes, rheumatoid arthritis, cardiovascular disease, breast cancer, and ovarian cancer.</p>	<p>Flexibility and freedom</p> <p>Allows you to transition to work</p> <p>Allows your baby to still get those juicy bioactives in breastmilk</p> <p>Bonding with your baby!</p> <p>Strong evidence your baby will grow to be happy and healthy!</p>	<p>Flexibility to the max!</p> <p>Partner can truly be a partner with your baby's nutrition</p> <p>Lots of great options out there for different infant needs, including prescription infant formula if your baby has GI issues or allergies</p> <p>Fun fact: According to the CDC, 75% of babies are using infant formula by the time baby's are 6 months old</p> <p>Bonding with your baby!</p> <p>Strong evidence your baby will grow to be happy and healthy!</p>	<p>Access to breast milk and all its wonderful bioactives!</p> <p>Bonding with your baby!</p> <p>Strong evidence your baby will grow to be happy and healthy!</p>
Cons	<p>Lots of time and energy</p> <p>Potential for cracked nipples, this is most often a temporary discomfort that should not prohibit successful breastfeeding!</p> <p>Potential for mastitis, but keep an eye out for it and consult a lactation consultant or provider if needed! Take care of yourself, Mama! Your baby wants you to be happy and healthy - promise! :)</p>	<p>Potential for cracked nipples, this is most often a temporary discomfort that should not prohibit successful breast pumping!</p> <p>It takes longer because you pump and then need to bottle feed</p>	<p>Can shift your baby's microbiome closer to an infant formula fed baby</p>	<p>Expensive</p> <p>Baby not getting breast milk bioactives, but don't fret. Each infant formula has been rigorously tested by the FDA through clinical trials to ensure your baby can thrive and potentially get a Nobel Prize :)</p>	<p>Not having 100% awareness of where it came from, but that's cool! Just make sure to work the AMAZING milk donor banks located across the US!</p>

Notice that each feeding type includes getting to spend time and bond with your baby. Also, there is insurmountable evidence that your baby will turn out happy and healthy no matter whatever option you choose!