

# BENEFITS OF BREASTFEEDING FOR CHILDREN

## SHORT-TERM BENEFITS

- Breastfeeding protects a child's health and **improves their chances of survival**, especially in the first months of life.
- Breastfeeding provides vital antibodies that **protect against many common diseases** such as diarrhea, pneumonia, and infections.



## LONG-TERM BENEFITS

The effects of breastfeeding **extend beyond childhood**. Breastfed children are less likely to be overweight or obese, and are also less likely to develop type 2 diabetes and other chronic diseases.

For more information

