

# Breastfeeding Saves Money!

## Latest studies show cost savings in the thousands.

By Tess Johnson, RN, PHN, IBCLC

Most expectant parents are at least mildly concerned about the financial impact that their long-awaited newborn will have on the household budget. There certainly are many necessities that go along with having a baby, such as baby clothes, diapers, blankets, a carseat, and countless other items. True, any parents will tell you that their little one is absolutely "worth every penny," but they also would jump at the chance to save a few dollars here and there, if the opportunity arose.

The fact is, there is one easy way to save not just a few dollars here and there, but literally *thousands* over the first year or more. Evidence shows that breastfeeding your baby will save you anywhere from \$1300 to over \$4000 per year, depending on which type of formula your child would have otherwise needed. That doesn't even include the added savings in healthcare costs (doctor visit copays, prescription meds, etc.) which have been estimated at around \$475 per year.

Armed with the knowledge that exclusive breastfeeding can result in this type of financial windfall, more and more parents are choosing to pursue this healthy and economical choice. Even when they factor in the cost of a good breastpump or some specialized lactation care in the early weeks, the cost savings are too huge to ignore. And to top it all off, the health benefits are priceless!



Breastfeeding will save a bundle!

## The Benefits of breastfeeding last a lifetime by Tess Johnson, RN, PHN, IBCLC

There are so many reasons to choose breastfeeding! The health benefits are too numerous to share in one newsletter, but some of the most amazing advantages are listed here: Far fewer respiratory infections, ear infections, and gastric problems throughout the first year. Protection against many viruses while breastfeeding. Reduced risk of SIDS death during the first year. Improved IQ test scores, even years later. A reduced chance at developing Type 1 Diabetes throughout life. Lower probability of becoming obese later in life. Less incidence of asthma and allergies through life, as well as a greater lung capacity, even years down the road. Faster recovery from the delivery for Mom, as well as a faster rate of weight loss in the months that follow. A reduced chance of Mom contracting osteoporosis in later life. A lower probability that Mom will have several different types of cancer in her lifetime. And the list goes on and on!



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*Breastfeeding is always worth the effort. Like any new endeavor, it may seem challenging at first, but a little hands-on help can make all the difference in the world!*