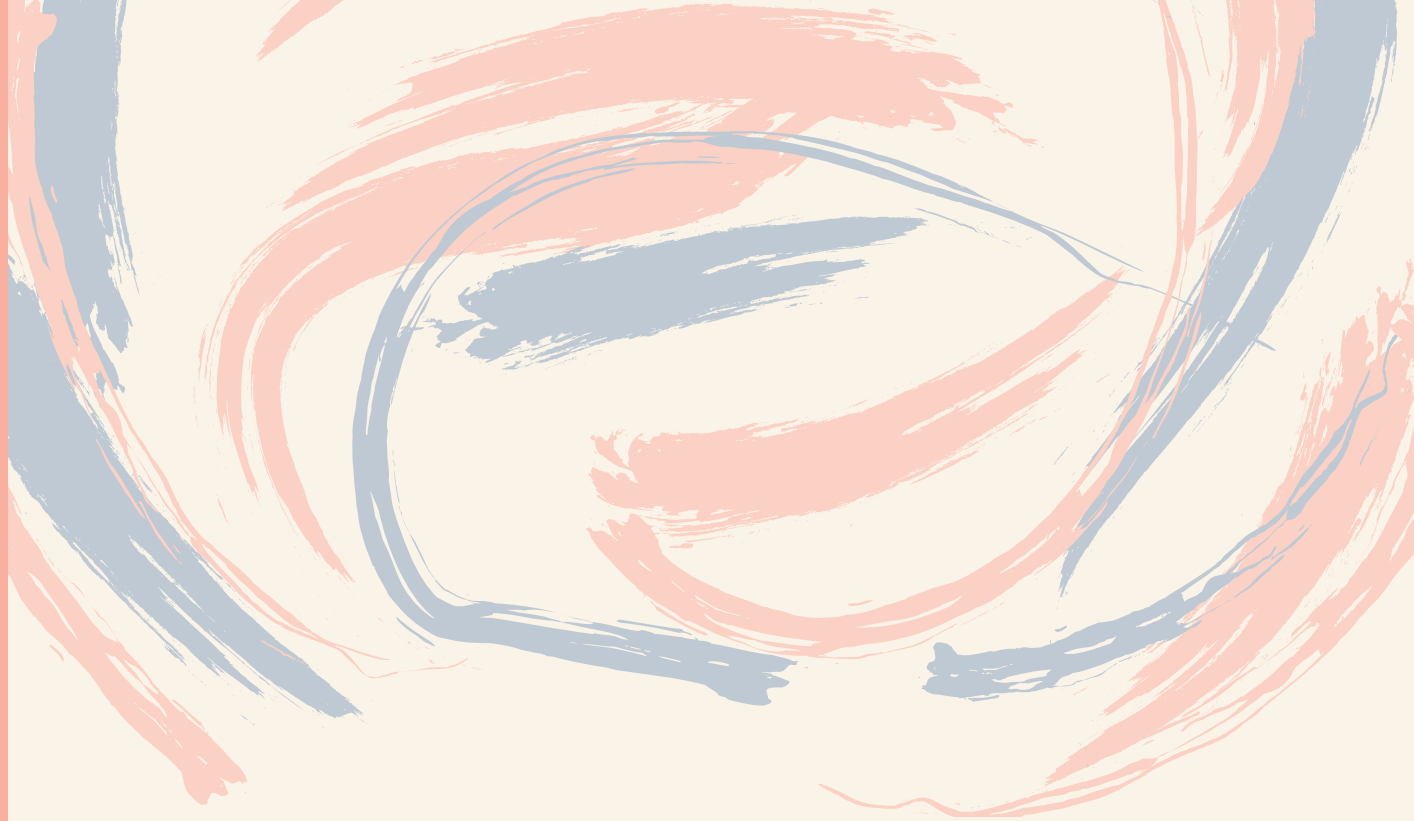


# The Benefits of Breastfeeding



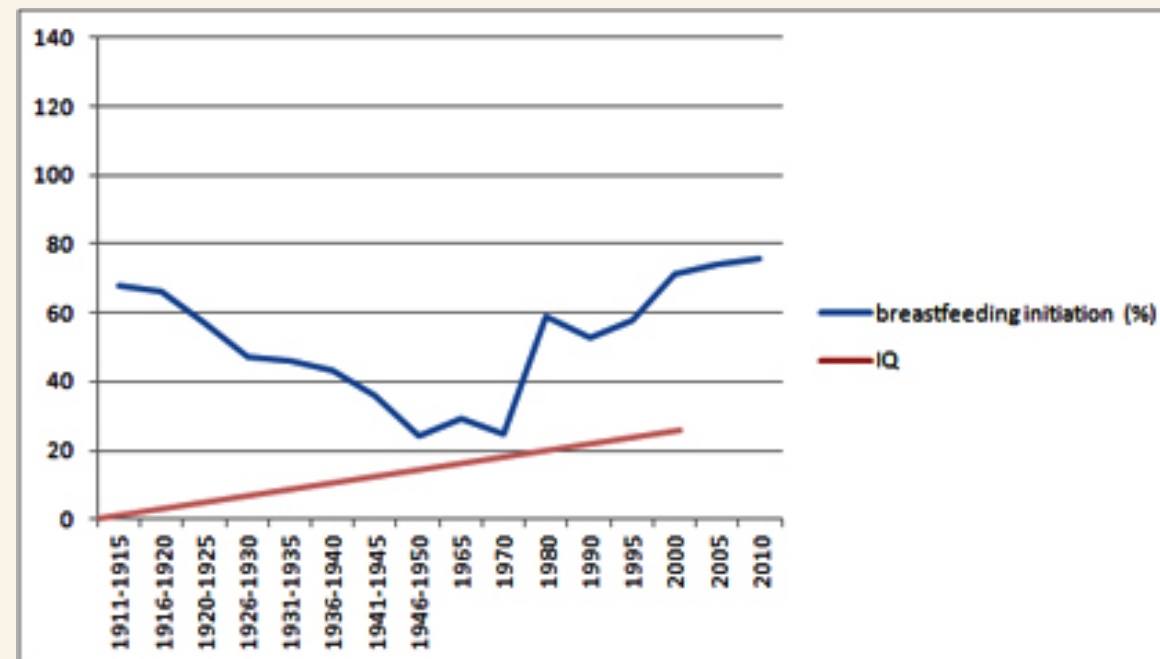
By: Akira Garrett

- Breastfeeding burns between 500-600 calories a day. Moms can end up losing weight without any additional exercise



- Premature babies fed more breast milk in the first 28 days of life have better brain development by the time their original birth date arrives, and see benefits to IQ and memory skills later in childhood

- Breastfeeding helps mothers heal faster in the postpartum stage, helping her uterus return to pre-pregnancy size faster and lowering postpartum blood loss



# ~References~

1. <https://www.medela.us/breastfeeding/articles/14-fascinating-facts-about-breastfeeding#:~:text=Breastfeeding%20burns%20between%20500%2D600,%2C%20kidney%2C%20or%20bone%20tissue.>
2. <https://www.health-foundations.com/blog/2013/11/19/15-cool-facts-about-breastfeeding>
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