

Breastfeeding

Good for You, Good for Baby



The American Academy of Pediatrics recommends that mothers breastfeed for at least the first six weeks of life, when possible. Breastfeeding provides health benefits for both you and your baby.

It's a personal decision whether or not to breastfeed. It's important to consider your own needs and discuss with your doctor to decide whether it's the best choice for you.

Health benefits for baby

The hormones and antibodies in breastmilk can help protect babies from several illnesses. And as your baby grows, your breastmilk changes to meet your baby's changing needs.

Breastfed babies have been shown to have lower risks of illnesses including:

- Asthma
- Childhood obesity
- Ear infections
- Eczema
- Diarrhea and vomiting
- Lower respiratory infections
- Sudden infant death syndrome (SIDS)
- Type 2 diabetes

Health benefits for mom

Breastfeeding mothers typically heal more quickly after giving birth, and it's a great way for mother and baby to bond. Breastfeeding may also lower the mother's risk of:

- Type 2 diabetes
- Certain types of breast cancer
- Ovarian cancer

Breastmilk is the perfect food for your baby. When you choose to breastfeed, you give your baby a healthy start that may last a lifetime.

Your HealthSelectSM medical plan includes benefits for breastfeeding support and counseling sessions including breast pumps, accessories and supplies.

For more information about these benefits, call a Blue Cross and Blue Shield of Texas Personal Health Assistant toll-free at **(800) 252-8039 (TTY: 711)**, Monday–Friday 7 a.m. – 7 p.m. and Saturday 7 a.m. – 3 p.m. CT.

Source: womenshealth.gov/breastfeeding

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