



Breastfeeding

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Another healthy behavior besides eating well and being physically active is breastfeeding. Breastfeeding provides nourishment for your baby in a very healthy way. There's a lot of literature and a lot of studies that show that babies who are breastfed are better able to control their own appetite. That's because we're not watching a bottle empty. Rather we are feeding them up until the point that they feel full.

It does take a certain degree of commitment on the part of the mother. And some people can't do it, some babies don't latch well, and that should not be viewed as a failure. If it doesn't work then know that there are formula fed babies who do very, very well. But if you're able to do it it's good for your baby. It reduces your baby's chances of excess weight gain in the future. And it's also good for the mom. Women who do breastfeed are less likely to develop diabetes in the future. It helps you return to the weight you had before pregnancy. And it's a nice bonding experience for you and your child.

So that's just a little word about breastfeeding. You may want to look into breastfeeding mothers groups like La League Leche. The community health nurse maybe a helpful resource person to assist you in learning how to breastfeed well. That's something you may want to keep in mind.