



Tips for Growing Your Baby's Brain

Tip #5: Breastfeed Your Baby

Breast milk is the healthiest food for your newborn. It contains special fatty acids and other substances not found in formulas or cow's milk. These substances play a very important part in helping your baby's brain build the cells and connections it needs to thrive.

Studies have shown that babies who are breastfed score higher on tests once they reach school age.

The act of breastfeeding itself is also very important for your baby's brain because it provides skin-to-skin body contact, soothing touch, and a peaceful time of physical closeness that promotes bonding and attachment.

This helps your baby's brain develop connections that will help her form trusting relationships with others and learn that the world can be a safe place.

For mothers, breastfeeding releases hormones in the body that help promote relaxation and prevent depression.