



Western Upper Peninsula Health Department **BREASTFEEDING**

FACT-CHECKED

BREASTFEEDING FUN FACTS!

Breastfeeding is amazing, and your body is doing some pretty incredible things every day! Here are some fun facts to celebrate the journey:

Fun fact #1. Your milk changes as your baby grows!

Did you know that your breast milk adapts to your baby's needs? It starts as colostrum—rich in antibodies—then changes in composition over the weeks and even during a single feeding to provide exactly what your baby needs.

Fun fact #2. Milk is full of “brain food.”

Breast milk contains DHA and other nutrients that help support your baby's brain development. Think of it as a liquid multivitamin designed just for *your* little one!

Fun fact #3. Your body is an amazing temperature regulator.

Breast milk is always the perfect temperature for your baby. Your body can even adjust slightly based on the baby's needs—warm in winter, cooler in summer!



Fun fact #4. Nursing burns calories.

Breastfeeding can burn roughly 300–500 calories per day, depending on your baby's age and feeding patterns. That's a built-in little metabolism boost!

Fun fact #5. Babies can recognize your voice and scent.

From birth, babies are drawn to their mother's scent and can recognize your voice. Breastfeeding strengthens this natural bond every day.

Fun fact #6. Milk supply is supply-and-demand.

The more your baby nurses, the more milk your body produces. Growth spurts, cluster feeding, and frequent nursing are all ways your baby helps your body keep up with their needs.

Fun fact #7. Immunity support!

Your milk contains immune-boosting antibodies that are uniquely tailored to your environment—meaning your baby is getting personalized protection against the germs around them! How cool is that?!

Bonus fun fact!!**What mom eats can change the flavor of her milk!**

The foods and flavors you eat can actually influence the taste of your breast milk!

Babies can detect these subtle changes and may be more open to trying new flavors later in life.

Even amniotic fluid carries some of these flavors while your baby is in the womb—so your culinary adventures start influencing your baby long before their first bite of solid food!



You don't have to navigate breastfeeding alone. Need guidance, reassurance, or just someone to talk to? Your breastfeeding peer is here—don't hesitate to reach out.

Call or text 906-281-4458 to get connected.

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