

Breastfeeding, 2008). The Canadian Pediatric Society, First Nations, Inuit, and Métis Health Committee (2007) suggests that for children living in its northernmost climates, it may be reasonable to double this recommendation to 800 IU per day to compensate for extremely limited exposure to sunlight.

Additional beneficial components of human milk include prostaglandins, epidermal growth factor, docosahexaenoic acid (DHA), arachidonic acid (AA), taurine, cystine, carnitine, cytokine, interleukins, and natural hormones (such as, thyroid-releasing hormone, gonadotropin-releasing hormone, and prolactin). Studies have demonstrated that breastfeeding is associated with a decrease in the incidence of diabetes (Le Huërou-Luron, Blat, and Boudry, 2010; Pereira, Alfenas Rde, and Araújo, 2014; Young, Martens, Taback, et al, 2002); a decrease in the incidence of infections of all kinds, which may be an effect sustained into childhood (Li, Dee, Li, et al, 2014); and higher intelligence scores compared with cow's milk-based formula-fed infants (Michaelsen, Lauritzen, and Mortensen, 2009). Studies have demonstrated that breastfeeding has an analgesic effect on newborns during painful procedures, such as heel puncture (Shah, Herbozo, Aliwalas, et al, 2012).

## **Breastfeeding**

Human milk is the preferred form of nutrition for all infants. Healthy People 2020 has a goal to increase breastfeeding rates in the United States to 81.9% in early postpartum and to 61% for mothers who continue to breastfeed for at least 6 months (US Department of Health and Human Services, 2015). Some have voiced concern that early discharge of new mothers from hospitals, more aggressive marketing of infant formulas to the public, and more employed mothers contributed to the decline of breastfeeding. In addition, some hospital practices may undermine breastfeeding. Early separation of the mother and newborn, delays in initiating breastfeeding, provision of formula in the hospital and in discharge packs, conflicting information by health care workers, and formula coupons given at discharge have been implicated in the decline of breastfeeding after discharge. Rooming-in has correlated positively with successful breastfeeding, but the use of pacifiers has sometimes been associated with earlier weaning from breast to bottle.