Neutral Article

During the first six months of an infant’s life it is recommended that all nutrition come from either breastfeeding, formula, or a combination of both. Now day’s pumps have made breastfeeding easier by giving women more freedom. Formula has also provided a way for parents to feed their infants and also lead an independent lifestyle. There are many trade offs that a parent must contemplate in the decision whether to bottle feed or breastfeed their infant because there are benefits and costs to both. Every situation is different, and this important decision is based on how well the type of feeding method will fit the needs of the family.

      While breastfeeding an infant is primarily the responsibility of the mother, pumps  now allow this responsibility to be shared with the father or other relatives and friends. Bottle feeding a child can be done by either parent. Because of the opportunity to bond with the infant some fathers might prefer the idea of bottle feeding. Another thing that people should take into consideration is that breastfeeding is free, with the exception of any supplements that the mother might need, while most other options are less cost effective. There are times when breast milk may be the better option, there are times when regular formula might be a better option, and there are times when other alternatives may need to be found. If a child is born with an allergy to the most commonly used milks there are other options such as lactose free formula, formula for sensitive stomachs, soy based formulas, and milk from other animals. If the mother chooses to breastfeed, it is suggested by La Leche League (an organization that gives information on breastfeeding), that she refrain from consuming things that would travel through her bloodstream, and into her milk. The most commonly used substances that are mentioned as being of concern are drugs, alcohol, and caffeine. Both alcohol and caffeine are listed as being okay to consume in moderation. While this may not make a difference to some people, others could find it challenging to keep the ingestion of these items to a minimum. There is no right or wrong decision between formula or breast milk, only the decision to choose what works best for the family's individual situation.