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## Disadvantages of Formula

Many people think of “the Benefits of breastfeeding” instead of the “disadvantages of formula” when comparing. When mothers understand the risks they are exposing their baby to when feeding with formula they are better able to make informed decisions.

### Disadvantages of Formula to Babies:

- More Illness, such as colds, ear infections, urinary tract infections, stomach illnesses, allergies, asthma, childhood cancers and diabetes
- Greater chance of becoming obese
- Potential overfeeding
- Potential for more spitting up
- Great chance of sudden infant death syndrome (SIDS)
- Great chance that the mother will not hold the baby when feeding
- Greater chance of dental caries (cavities)
- Less bonding between baby and mother
- Lower IQ
- Stools that are harder and smaller
- Change in bacterial flora found in baby’s gut

### Disadvantages of Formula to Mothers:

- Great chance of getting breast, ovarian , and uterine cancers
- Great chance of getting rheumatoid arthritis
- Great chance of having bones that are not as strong when older
- Great chance of increased bleeding after birth
- Great chance of getting pregnant sooner then planed
- Harder time getting back to what they weightd before pregnancy
- Less bonding with baby

### Disadvantages of Formula to Families:

- Caregivers ma not make it right causing the baby to not grow well
- It may be missing key ingredients and need to be returned to the store (recalled)
- It costs more
- More time spent
- Not always available in emergency situations

### Disadvantages of Formula to Society:

- There are more sick children so it costs more to health care
  - It uses more money
  - Makes more garbage in landfills
  - It uses energy to make, pack and ship
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