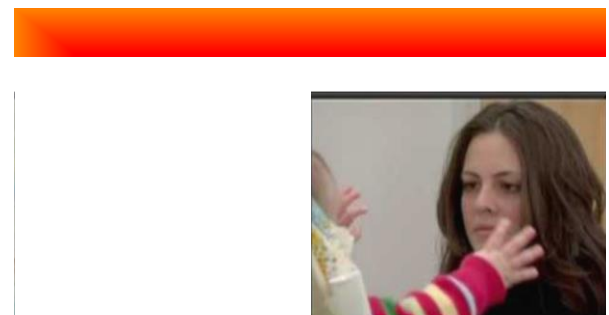


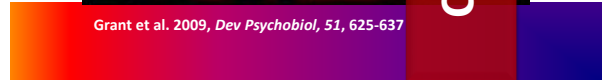
**Still-Faced Mother Paradigm**





Grant et al. 2009, *Dev Psychobiol*, 51, 625-637

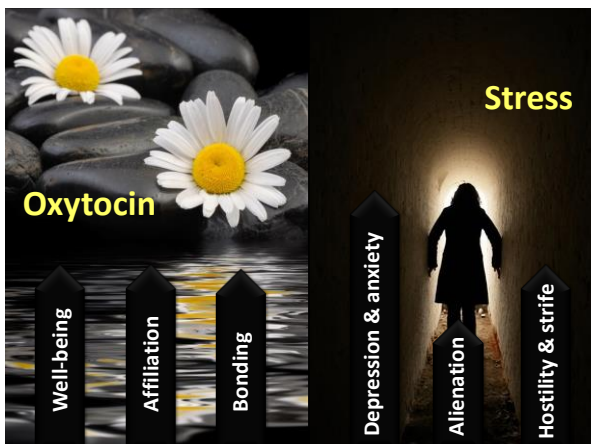
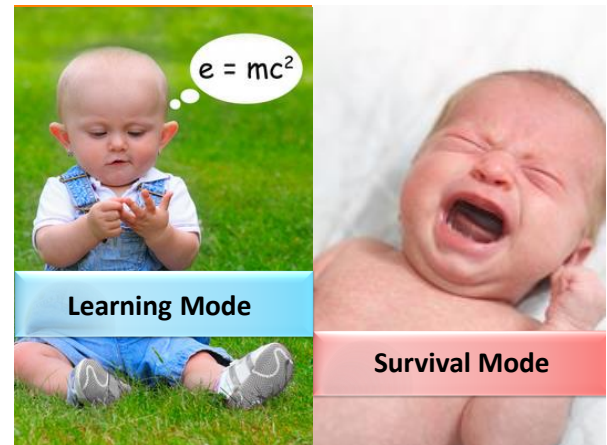
Cortisol



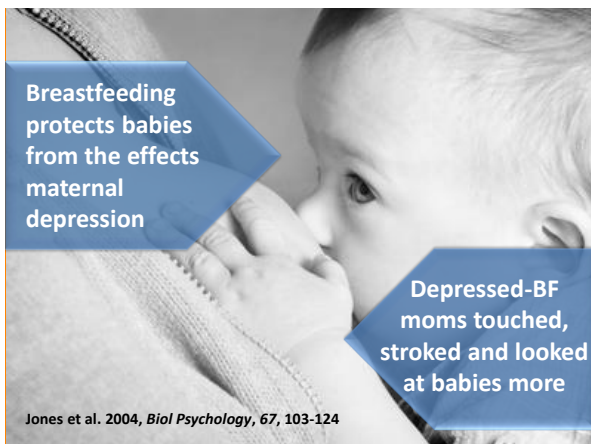
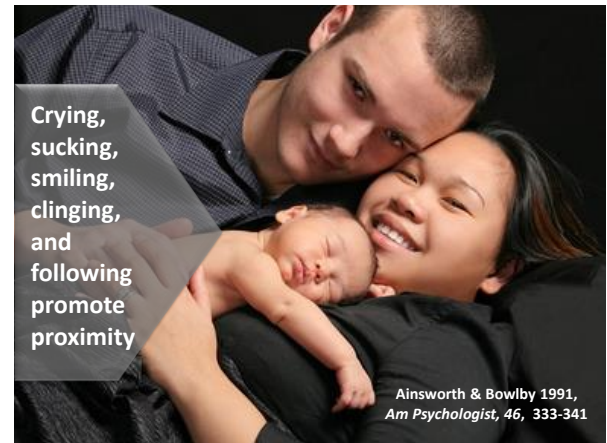
How does breastfeeding protect against the effects of childhood adversity?



It's more than milk







### Child Behavior Checklist Scores

	Never BF	BF 12+ Months
Age 2	16.1	9.6
Age 5	26.3	16.0
Age 8	19.4	13.5
Age 10	15.2	12.6
Age 14	16.7	10.9

Shorter duration was associated with a fear bias

Neurocortical study revealed that longer duration of exclusive breastfeeding gave infants a "happy bias"

Krol et al. 2015, *Frontier Behav Neurosci*, 8, 485

Secure Attachments  
Decrease  
Adult Health  
Problems

Insecure attachments at 12-18 months associated with inflammation-based illness at age 32

Puig et al. 2013, *Health Psychology*, 32(4), 409-417

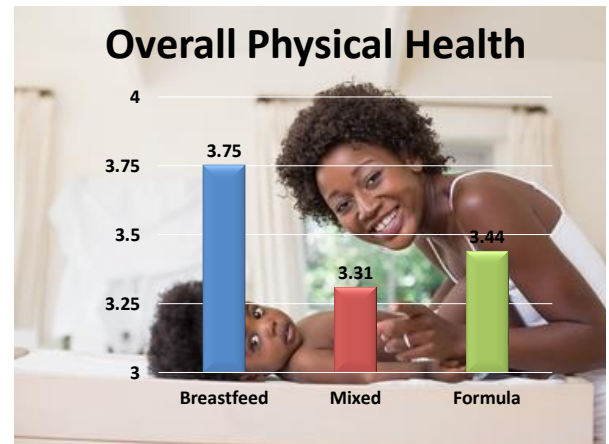
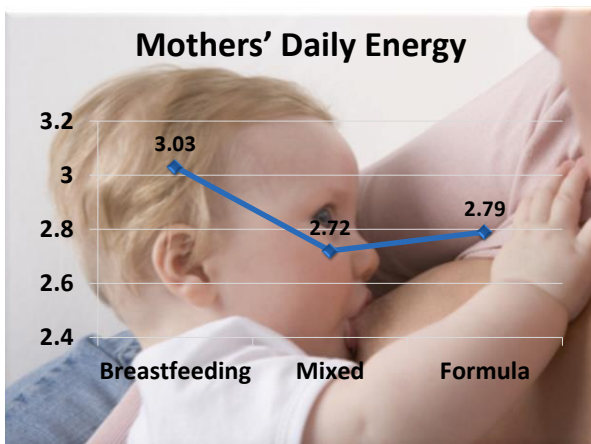
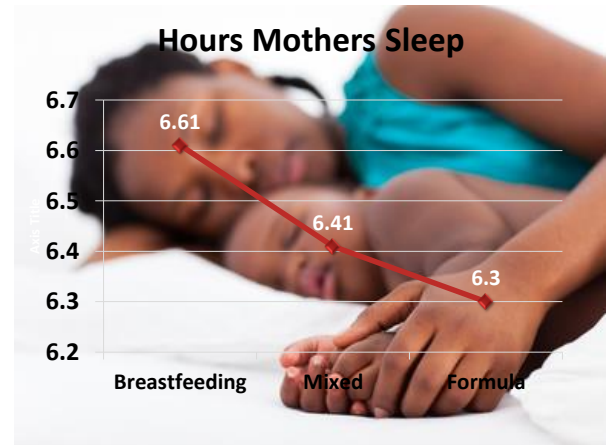
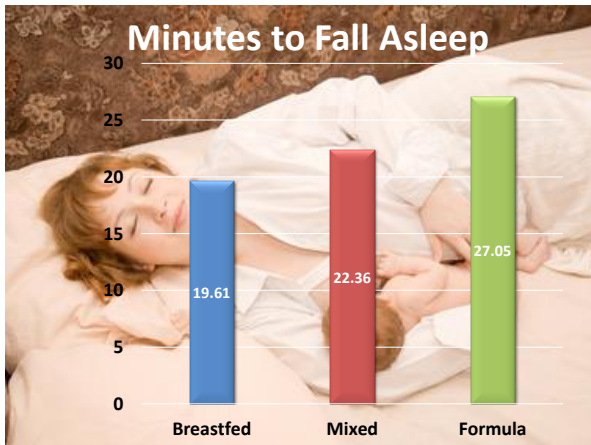
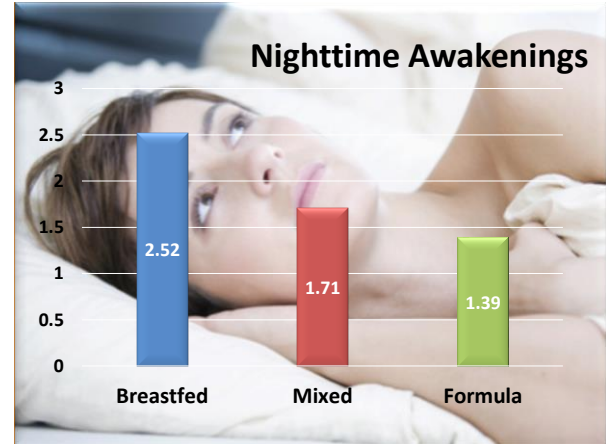
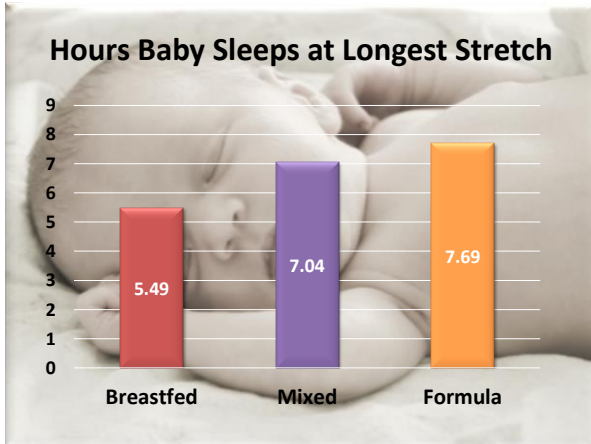
Breastfeeding lowers risk of intergenerational abuse and trauma

Infant sleep difficulties

Maternal depressed mood

Hairston et al. 2011 *Sleep*, 34(10), 1373-1383

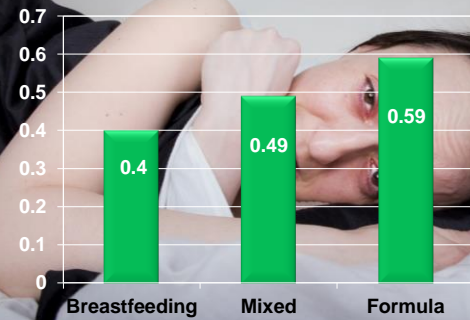




# Maternal Mental Health

Groer & Kendall-Tackett (2011) *Breastfeeding protects women's health throughout the lifespan*. Amarillo, TX: Hale Publishing

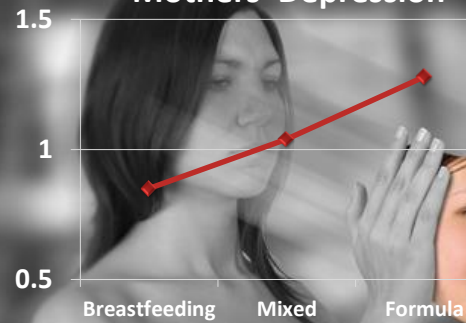
## Feeling Down, Depressed or Hopeless



## Anhedonia



## Mothers' Depression



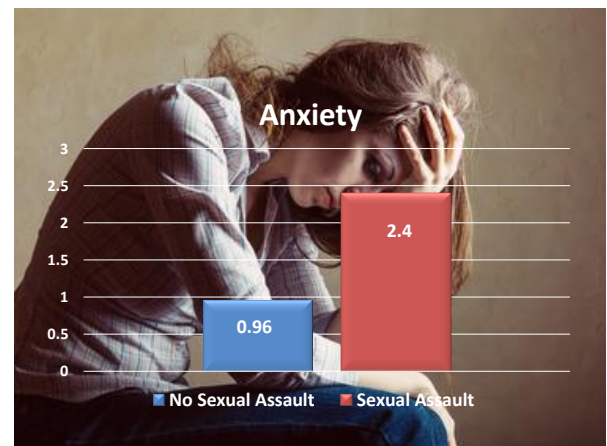
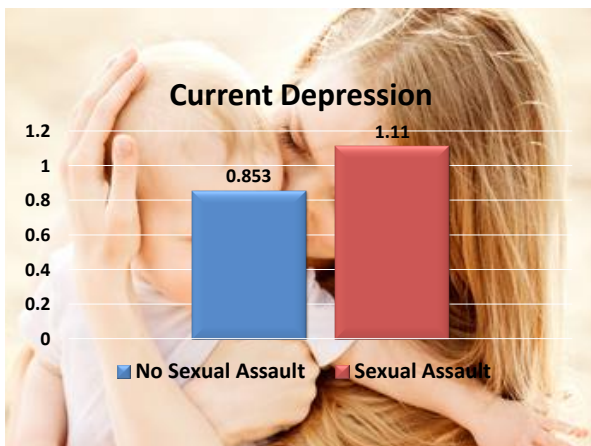
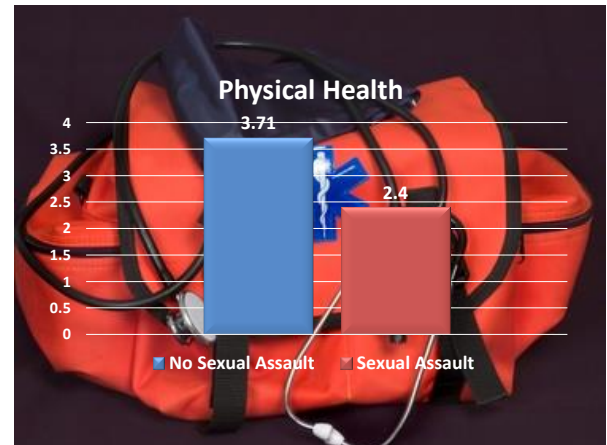
Mothers who breastfed for 4 months were 3.8 times less likely to neglect their children

Strathearn et al. 2009, *Pediatrics*, 123, 483-493

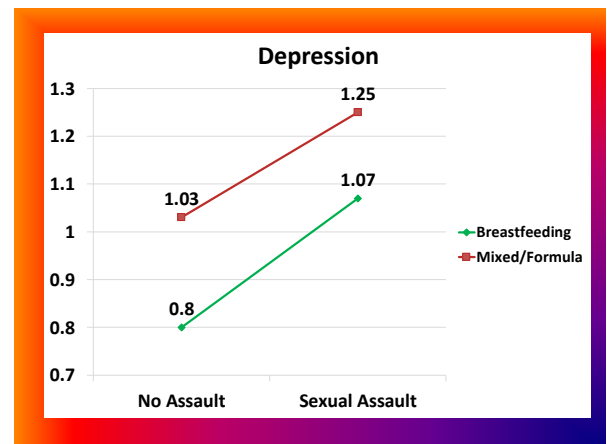
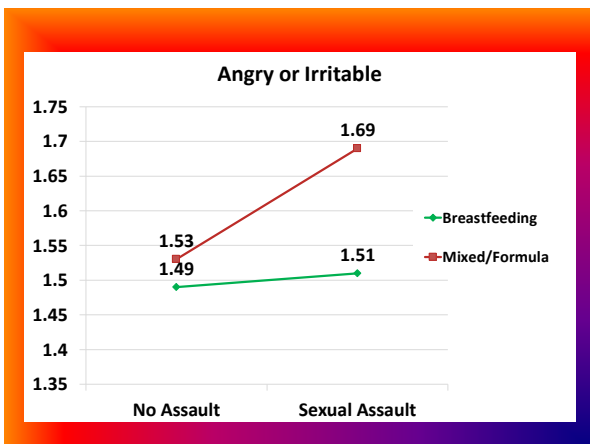
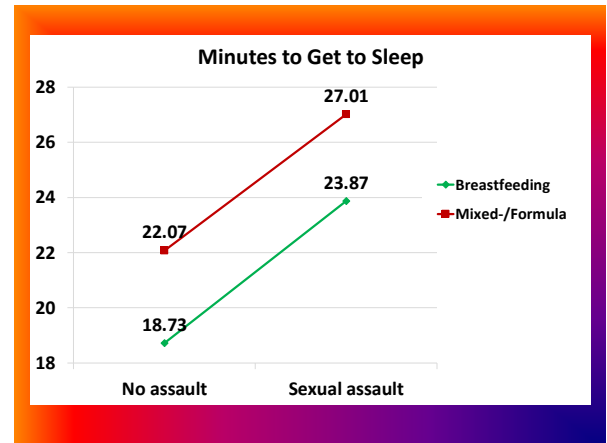
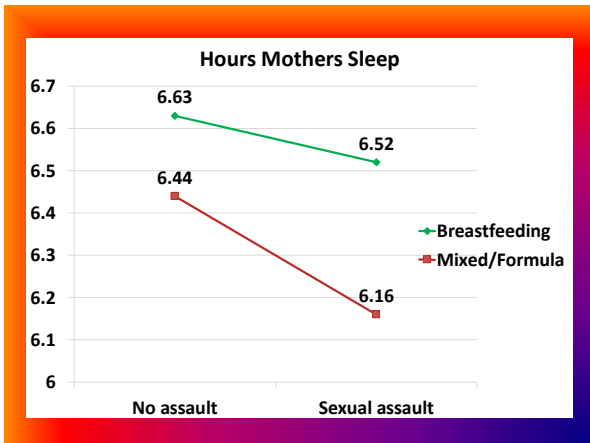
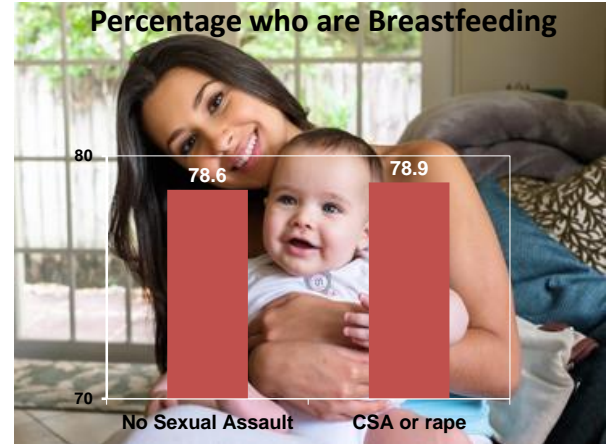


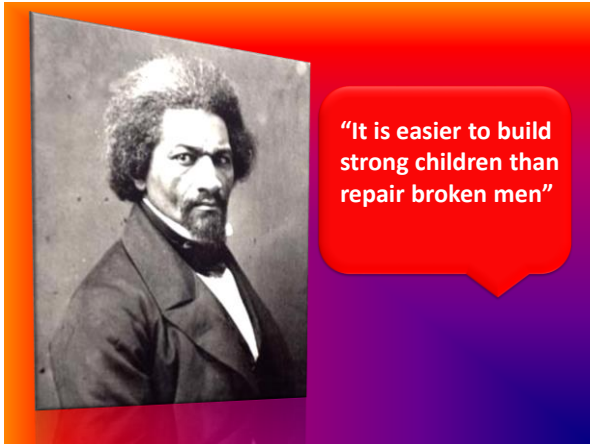
And 2.6 times less likely to physically abuse them

Strathearn et al. 2009, *Pediatrics*, 123, 483-493









[www.PraeclarusPress.com](http://www.PraeclarusPress.com)  
[www.UppityScienceChick.com](http://www.UppityScienceChick.com)  
[www.BreastfeedingMadeSimple.com](http://www.BreastfeedingMadeSimple.com)  
[www.KathleenKendall-Tackett.com](http://www.KathleenKendall-Tackett.com)