

Breast-fed babies have higher IQ's. (family health update). (Brief Article)
[Better Homes & Gardens](#), August, 2002, by [Elaine Cooper](#)

The news on breastfeeding babies just keeps getting better.

Research has already shown that mom's milk improves the intelligence scores of infants born both prematurely and those born full-term of normal weight.

The latest research by the National Institute of Child Health and Human Development, and the Norwegian University of Science and Technology, shows more exciting results: infants born full-term (37-42 weeks) but small for gestational age score an average of 11 points higher on IQ tests if exclusively breastfed for the first six months.

These could be words of encouragement for moms of smaller babies (full-term babies who weigh less than six pounds) because those babies can be a challenge to breastfeed, says Anne Merewood, director of lactation services at Boston Medical Center. Small babies tend to feed less efficiently and may not latch onto the breast as well.

They also may want--and need--to breastfeed more than 12 times in 24 hours.

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