

Can breastfeeding protect against ADHD?

May 14 2013



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Breastfeeding has a positive impact on the physical and mental development of infants. A new study suggests that breastfeeding may protect against the development of attention-deficit/hyperactivity disorder (ADHD) later in childhood. The study is reported in *Breastfeeding Medicine*.

A team of Israeli researchers led by Aviva Mimouni-Bloch, MD compared breastfeeding history and other factors in a group of children 6-12 year of age diagnosed with [ADHD](#) to control groups of children who did not have ADHD. The results demonstrated that overall, the children with ADHD were less likely to have been breastfed at 3 and 6 months of age than the children without ADHD. This association between ADHD and lack of breastfeeding was statistically significant.

"Breastfeeding has been shown to have a positive impact on [child development](#), good health, and protection against illness. Now, another possible benefit of breastfeeding for three months and especially six months or longer has been identified," says Ruth Lawrence, MD, Editor-in-Chief of *Breastfeeding Medicine* and Professor of Pediatrics, University of Rochester School of Medicine. "This study opens another avenue of investigation in the prevention of ADHD."

More information: The article is available free on the *Breastfeeding Medicine* website at <http://www.liebertpub.com/bfm>.

Provided by Mary Ann Liebert, Inc

Citation: Can breastfeeding protect against ADHD? (2013, May 14) retrieved 19 April 2024 from <https://medicalxpress.com/news/2013-05-breastfeeding-adhd.html>

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