Mom's Moment: 5 Unexpected Benefits of Breastfeeding

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For mamas able to breastfeed, you might be surprised to learn that nursing comes with unexpected advantages. Here are five ways you can physically, mentally and financially benefit from utilizing your boobs.

1. A convenient escape

Whatever you need is literally attached to your body. Bid farewell to late night prep or planning- baby cries…and your nipple comes to the rescue. Plus, breastfeeding is a simple excuse in case you crave an escape. Don't want to vacuum? Gotta nurse the baby. Don't want to go grocery shopping? The baby needs to eat. Gives you allowance to create a honey do list for your hubby.

2. It's good for you

Studies show that breastfeeding moms have experienced less postpartum depression and report a stronger emotional bond to their baby. And who would have thought that nursing increases your bone strength?! Experts say it may even decrease your chances of osteoporosis as you age. Plus, your body can burn around 300-500 calories per day making milk. Shed that baby weight!

3. Gives you R&R

This special alone time with your baby won't last forever- savor the midnight feedings and rocking chair rocking. Get comfortable. Close your eyes. Take advantage of the quiet time. And to help you feel at ease, check out Momsense. This innovative tool helps you monitor baby's milk intake and allows you to know how much your child is consuming.

4. Saves you money

Nursing is 100% free! According to recent reports, formula tends to cost around $1500 per year. Sure, you might need to invest in a good pump, but other than that, you won't need milk money.

5. Provides a sense of empowerment

The woman's body is truly amazing. There's just something incredible about watching your baby grow and develop from nutrients you produced with your own body. Be proud and feel empowered. You go, mama!

Nadine Bubeck is a TV personality, author, blogger, fashion designer and blessed boy mama. She is a proud brand ambassador of Momsense.