Ways To Keep Your Infant's Microbiome Healthy

Your infant’s intestinal gut bacteria is important for immunity, digestion, and helping your infant’s gut mature.

**Antibiotics**
- Can cause enduring gut changes and affect the immune system, gut barrier function, and metabolism.
- Inhibits the growth of beneficial bacteria, leading to imbalances in the gut microbiome.

**Antibacterial Agents**
- Antibiotics can destroy beneficial bacteria in the gut, promoting the growth of harmful bacteria.
- They can disrupt the natural balance of gut bacteria, leading to digestive issues and increased risk of infections.

**Breastfeeding**
- Breastfeeding provides essential nutrients and immune factors to support infant growth and development.
- It helps in the establishment of a stable gut microbiome, which is crucial for long-term health.

**Vaginal Birth**
- Vaginal birth promotes the establishment of a diverse gut microbiome, which is crucial for immune development.
- It allows for the transfer of bacteria from the birth canal to the newborn, promoting a healthy gut microbiome.

**Skin to Skin**
- Skin to skin interaction with the mother exposes the infant to beneficial bacteria from the mother.
- It helps in the colonization of the infant’s skin and gut with beneficial bacteria.

**Healthy Gut**
- Increases brain function
- Increases mood
- Assists in maintaining healthy weight
- Increases the chance of fighting infection
- Improves digestion and reduces risk of developing gastrointestinal issues
- Decreases inflammation and reduces risk of developing long-term health problems such as Alzheimer’s

**Unhealthy Gut**
- Decreases brain function
- Decreases mood
- Increases risk for childhood obesity
- Increases risk for diabetes
- Increases risk for asthma
- Increases risk for allergies
- Increases risk for eczema

**Healthy tummies make healthy babies!**

**References**


