Today’s piece was prepared by Kathleen D. Bongiovanni, MD, MIPH, MS, based on an NPR story [Breast-Fed Kids May Be Less Hyper, But Not Necessarily Smarter, Study Finds](http://www.npr.org/sections/thesalt/2017/03/27/520963053/breast-fed-kids-may-be-less-hyper-but-not-necessarily-smarter-study-finds)

This article discusses findings of a recent paper published in Pediatrics on the impact of breastfeeding on hyperactivity and cognition. According to NPR, the study was conducted in Ireland and looked at 8000 babies who were breastfed for the first 6 months of life and compared them to babies who were formula fed. In their statistical analysis, the researchers accounted for socioeconomic variables that might be different between the two groups, such as parental education level, smoking, and books in the home. Children undertook cognitive testing at ages 3 and 5 years; while the children who had been breastfed achieved higher cognitive scores than those formula-fed, there was no statistically significant difference between the two groups. However, children who had been breastfed had lower levels of hyperactivity at age 3 when compared to those who had been formula fed, but this difference was lost at age 5.

The article is persuasive and easy to read, and is on a topic that is highly debated among both new parents and pediatricians. The article is also scientifically balanced and the writers include a section explaining the meaning of statistical significance and confounding variables in lay terms. The NPR article also makes reference to the AAP’s policy on breastfeeding and mentions other important benefits of breastfeeding.

**RESOURCES ON BREASTFEEDING:**

[Policy on Breastfeeding](https://www2.aap.org/breastfeeding/policyonbreastfeeding.Html) *American Academy of Pediatrics, with discussion of benefits, and reasons to and not to breastfeed*

[Guide to Strategies to Support Breastfeeding Mothers and Babies](https://www.cdc.gov/breastfeeding/resources/guide.htm) *Centers for Disease Control and Prevention; 2013 update to a 2005 guide*

[Breastfeeding](http://www.who.int/topics/breastfeeding/en/) *World Health Organization guidelines, with general info., commentary, statistics, and more*

And that’s today’s Developmental & Behavioral Pediatrics: IN THE NEWS!