Today’s piece was prepared by Wes Henricksen, MD based on a Wall Street Journal story titled “Links Tighten Between IQ, Breast-Feeding”.

<http://online.wsj.com/article/SB10001424127887324809004578635783141433600.html#articleTabs%3Darticle>

The journalist discusses a prospective cohort study published in JAMA Pediatrics that followed 1312 mothers and their children pre-birth to age 7 years. Findings support results of previous observational studies that link positively children’s IQ to breastfeeding. The journalist interviews the lead author of the study, who notes hers to be stronger than prior related studies in that it adjusts for confounding factors known to contribute to a child’s performance on intelligence tests, such as mother’s IQ, parental income and education, and time spent in child care outside of the home during toddler years.  The WSJ article reports the researcher found breastfeeding duration positively associated with higher performance on standardized instruments assessing cognition when measured at ages 3 and 7 years.

The article provides critique from expert researcher in child neurodevelopment Dimitri Christakis of Seattle Children’s, who is quoted to support the findings, and from an obstetrician who presents a skeptical interpretation of the findings and, as such, the article provides a fair measure of balance. Importantly, the article includes a statement attributed to the study’s lead author, emphasizing that not all mothers can breast-feed successfully. Elaboration on this point might enhance the value and safety of the article to mothers.

**RESOURCES RELATED TO HEALTY FAMILES AND BREAST FEEDING:**

* Within Reach (formerly Healthy Moms/Healthy Babies) [withinreachwa.org/](http://withinreachwa.org/)
* Breastfeeding Coalition of Washington [www.breastfeedingwa.org/](http://www.breastfeedingwa.org/)

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