

Breastfeeding...

Beyond 6 months

Why keep going?

The American Academy of Pediatrics recommends breastfeeding exclusively (without introducing any baby foods) for the first six months of baby's life and then, continuing to breastfeed for one full year. Other organizations, like the World Health organization recommend breastfeeding even longer!

The Benefits

- Mom and baby get to continue to experience the special bond of breastfeeding!
- Your baby will continue to receive all of the essential nutrients that breast milk provides.
- Some immunologic properties of breast milk get even better! So baby will be sick less often.
- Baby continues to receive wonderful nutrition even if they don't choose to eat solid foods well one day
- Breast milk adjusts for the needs of the child, giving baby the nutrients they need to meet their next major milestones like sitting, crawling and walking!
- Baby will be smarter! The longer you breastfeed, the greater the increase in IQ!
- Allowing your baby to wean at their own pace will help them to be better adjusted socially.
- You will continue to decrease baby's risk for allergies.
- Breastfeeding allows the jaw to develop more appropriately, leading to a greater development of speech.
- Mom will continue to burn up to 500 calories per day!
- Moms will receive even more protection from certain cancers, arthritis and osteoporosis.

Frequently Asked Questions

Is my baby still getting enough breast milk? I don't get any more milk now than when I started pumping?

The makeup of your breast milk changes as baby gets older. So they are getting exactly what they need, even though you aren't making more than before.

When should I introduce solid foods?

The American Academy of Pediatrics recommends waiting until 6 months. This will lower your babies risk for allergies, GI problems, pneumonia and diabetes. Baby does not need any other foods until 6 months of age.

Need breastfeeding help? Call 715-421-8911 for a lactation consultant.

