

# Breastfeeding...

## The Older Baby

### Benefits for Mom and Baby

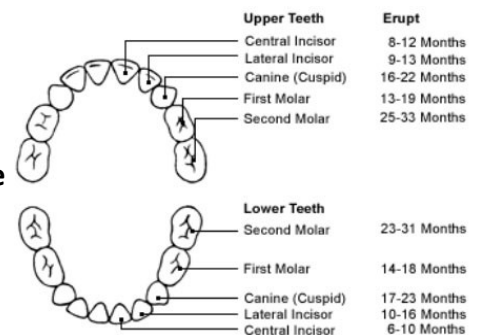
There are lots of benefits to nursing, beyond 6 months or even one year! These include:

- Mom and baby get to continue to experience the special bond of breastfeeding!
- 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 decide to be a picky eater!
- 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.
- Moms will receive even more protection from certain cancers, arthritis and osteoporosis.

### Teeth and Biting

The typical age that baby starts teething is around months. Most nursing moms have probably had a fear that their baby may bite them. Biting can happen for a number of reasons including: teething, baby is bored, or baby is frustrated with a drop in milk supply. **If baby bites, the best way to stop the behavior is to end the feeding.** Depending on the age of the baby, you can verbally explain why you stopped nursing.

Positive reinforcement when baby is eating nicely is also helpful for the older baby.



### Feeding Schedule

Your older baby will set their appropriate feeding schedule. When you introduce solid foods and as baby gradually eats more and more of them, you will notice a decrease in nursing. Around twelve months baby may only nurse about 3-4 times per day. This number will even eventually decrease to 1-2 times per day as baby decides only to nurse when they wake up and go to sleep.

### Weaning (No rush!)

There is no rush to wean! It is recommended that you and baby keep nursing until baby weans themselves. However, if you decide to wean before this time, it will be helpful to do it gradually. Cut out one session, allow your breasts to accommodate this change for a week or so and continue the process of cutting out one session each day. This will decrease problems with pain and engorgement.

Need breastfeeding help? Call (715) 421-8911, (715) 389-3903, or (715) 421-7452.

