



Breastfeeding Beyond 6 months

- some people falsely believe that breastfeeding is not good or may even be harmful for babies older than one year
- the truth is that breastfeeding is a very healthy and normal way to feed your infant or toddler
- the minimum recommended time to breastfeed **exclusively** is 6 months, with continued breastfeeding until 2 years or beyond.
- there is no set age to wean your baby
- breast-milk is good for infants and toddlers

What are the benefits for mom?

- hormones are released that help you to relax
- breastfeeding allows mom to sit and connect with her baby in a busy day
- breastfeeding can help to naturally delay another pregnancy
- breastfeeding can reduce the risk of breast and some other cancers. The longer you breastfeed the better
- breastfeeding reduces the risk of rheumatoid arthritis and may protect against osteoporosis
- breastfeeding reduces insulin requirements of diabetic women
- breastfeeding may allow mothers to lose weight more easily
- breastfeeding saves money, it's free!



What are the benefits for baby?

- breastmilk changes to meet a baby's needs as he grows and matures
- it provides anti-bodies to your baby that he cannot get anywhere else
- breastmilk makes immunizations more effective
- it continues to help fight off illness as babies grow and is the perfect food if a child becomes ill
- breastmilk is perfectly matched for a baby's digestive system
- it helps your baby accept a wider variety of tastes and foods
- breastmilk is the perfect way to be comforted through stress, illness and learning
- it is a stable, safe food supply in case of emergency or natural disaster
- the immune benefits of breastfeeding remain as effective at 2 years as they were at 2 months!

How will breastfeeding change as my baby grows?

- as the baby starts solid food, his need for breastmilk may slowly decrease
- time spent at the breast may also decrease; your breastmilk supply will adjust to this
- as babies mature they may become easily distracted; this is a normal developmental stage and you may find it easier to breastfeed in a quiet spot
- babies become more aware and effected by their environments; the hormones released in children during breasteeding can help them to relax and help control anxious feelings
- breastfeeding until the child is ready to wean may help him to develop a secure independence

If you have questions about extended breastfeeding and/or weaning or you have concerns about your milk supply, make sure to speak to a Lactation Consultant.



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