Breastfeeding Beyond 6 Months

Ten Reasons to Breastfeed Beyond 6 Months

1. Your baby will continue to receive the essential nutrients that breast milk provides.
2. Breast milk continues to boost baby's immune system so they will be sick less often.
3. Your baby will be smarter! The longer you breastfeed the greater increase in IQ.
4. You will continue to decrease baby's risk for allergies!
5. Allowing your baby to wean at their own pace will help them be better adjusted socially.
6. Studies have found that the longer babies are breastfed, the greater decrease in risk for behavioral problems.
7. Breastfeeding allows the jaw to develop more appropriately, leading to greater development of speech.
8. Moms will continue to burn up to 500 calories per day and lose weight.
9. Moms will receive even more protection from certain cancers, arthritis, and osteoporosis.
10. You will be able to continue enjoying this special time between just you and baby!

Frequently Asked Questions about Breastfeeding Beyond 6 months

Is my baby still getting enough breast milk? I don't get any more milk now than when I started pumping?
Your baby is receiving just the right amount of breast milk. The composition of breast milk changes to meet your baby's growing needs and is very easily digested. Your baby doesn't need any supplementation. Your baby will make up for any additional need for breast milk when you are together.

When should I introduce solid foods?
It is best to wait until your baby is 6 months of age to introduce solid foods. Starting solids before 6 months is associated with negative health outcomes such as allergies, GI infections, diarrhea, pneumonia, and diabetes. Breast milk solely provides babies with all the essential vitamins and nutrients needed in the first 6 months. Iron is not needed from supplementary solid foods until after your baby reaches 6 months of age. Your healthy baby has enough iron stores to last through their first 6 to 9 months of life.