



Breastfeeding information & tips

Did you know?

Babies do NOT need water when it is hot outside. Your milk provides all the hydration your baby needs.

Early and exclusive breastfeeding: your milk and nothing else

Early breastfeeding starting within an hour of your baby's birth

- Helps contract the uterus and slow bleeding (important for your recovery)
- Provides antibodies and nutrition to your baby

Exclusive breastfeeding means your baby gets all his or her food and drink from breastfeeding. It is recommended that your baby

receives only your milk for the first 6 months. Talk with your healthcare team about your individual needs and goals for infant feeding.

Why no other liquids or solids until 6 months?

- Builds a healthy milk supply and keeps it up
- Protects your baby from sickness and disease

Your milk has everything your baby needs to grow strong and healthy. And it changes according to what your baby needs!



Benefits of breastfeeding

For moms

- Convenient - always warm and ready
- Smart - nothing to buy or prepare
- Linked with lower risk of disease for breast and ovarian cancers, and Type-2 diabetes
- Helps your body recover after delivery
- Increases time before next pregnancy

For babies

- Early milk (colostrum) is the perfect first food
- Provides antibodies to help fight off diseases
- Easy to digest = less cramping and gas



Did you know?

Babies who are breastfed have a lower chance of death from Sudden Infant Death Syndrome (SIDS)

These conditions are less common in babies who are breastfed

- Ear infections
- Diarrhea
- Pneumonia
- Diabetes
- Sudden Infant Death Syndrome
- Stomach infections
- Overweight and obesity
- Childhood cancers
- Heart Disease

Avoid “follow-up” and “weaning” formulas for babies aged 6 months and older. These are costly, high in sugar, and not necessary.

Continued breastfeeding

Begin offering other foods to your baby after a full breastfeed when your baby is 6 months old. The American Academy of Pediatrics recommends continued breastfeeding through at least the first year, and beyond for as long as you and your baby desire. Continued breastfeeding is beneficial for your baby’s growth and development, and for protection from diseases for both of you.