



Breastfeeding information and tips

Did you know?

Babies do *not* need water when it is hot outside. Human 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 nutrition for your baby and antibodies to fight infections

Exclusive breastfeeding means your baby gets all their 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.

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 you

- Convenient - always warm and ready
- Smart - nothing to buy or prepare
- Protection - lactation is linked with a lower risk of disease for breast and ovarian cancers, and type 2 diabetes
- Helps your body recover after delivery by contracting the uterus and slowing bleeding
- Increases time before next pregnancy

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

For your baby

- 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).

Avoid "follow-up" and "weaning" commercial milk formulas marketed 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. All leading health organizations across the globe recommend continued breastfeeding for 2 years and beyond, 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.