

Importance of Breastfeeding After Six Months: Mothers

*The American Academy of Pediatrics recommends **exclusive** breastfeeding for six months, and continued breastfeeding as complementary foods are introduced, for a total of one year or longer as desired by mother and infant.*

- 👶 The longer a woman breastfeeds, the more protected she is against obesity and diabetes
- 👶 Extended breastfeeding provides more protection from ovarian and breast cancer
- 👶 Breastfeeding can help new mothers lose weight by burning up to 500-800 calories per day
- 👶 Mothers who breastfeed miss less work to care for sick infants than those who use formula
- 👶 After being at work all day, breastfeeding is a great way for mothers to reconnect and bond with their baby
- 👶 Breastfeeding releases prolactin, a hormone that promotes relaxation, and oxytocin, which promotes love between mother and baby
- 👶 Extended breastfeeding lowers a mother's risk of developing coronary heart disease, the number one killer of women in America
- 👶 Breastfeeding can save money by eliminating the need for formula, and breastfed infants have fewer prescriptions and hospitalizations
- 👶 Breastmilk is a renewable resource that helps protect the environment, while formula and bottle containers create plastic waste

References:

1. *Journal of Epidemiology and Community Health* (2012)
2. *University of Denmark and University of Copenhagen* (2014)
3. *Office on Women's Health* (2014)



Importance of Breastfeeding After Six Months: Baby



*The American Academy of Pediatrics recommends **exclusive** breastfeeding for six months, and continued breastfeeding as complementary foods are introduced, for a total of one year or longer as desired by mother and infant.*

- 👶 Breast milk provides all required nutrients for the first months of life, and continues to provide at least half of baby's nutritional needs for 6-12 months
- 👶 Breastfeeding after introducing solid foods ensures good nutrition and helps with digestion
- 👶 Breastfeeding after six months continues to provide babies with antibodies, immunities to infections, as they begin to crawl and put items in their mouth
- 👶 A mother's milk is full of antibodies that protect against chronic diseases such as diabetes, cancer and obesity
- 👶 Children who are breastfed for more than six months have been shown to score higher on fine motor skills (such as wiggling fingers and toes) and cognitive, receptive and expressive communication (such as attention, memory, listening, speaking, and writing)
- 👶 Infants who are breastfed exclusively for more than six months are four times less likely to contract pneumonia
- 👶 Children who are breastfed for six months are significantly protected against eczema, a skin disease, for their first three years of life
- 👶 The longer a mother breastfeeds, the less likely her child will need braces or speech therapy
- 👶 During the first three years of life, a baby's gut flora (which influences bodily function, metabolism, nutrition and immunity) is more susceptible to disease to which breastmilk provides invaluable antibodies

References:

1. *Pediatrics* (2012).
2. *Journal of Epidemiology and Community Health* (2012).
3. University of Denmark and University of Copenhagen (2014).
4. Office on Women's Health (2014).