1 Year and Beyond Your Breastfed Baby

One Year

You made it!!

- The American Academy of Pediatrics recommends breastfeeding for one year for optimal nutrition and growth for your baby. You made it!
- Your baby has received many health benefits that will follow them throughout their life including: a stronger immune system, less likely to need speech therapy or orthodontics, better social adjustment in school, lower risk of becoming overweight, and a lower risk of heart disease and diabetes!
- The fat and energy content in your breastmilk is higher than mothers who did not breastfeed as long. Your baby's brain has used this to grow! You have helped your baby to have a higher IQ and decreased their chances of having problems with attention.
- Many babies are nursing 2 to 3 times in 24 hours now but it is not uncommon for one year olds to continue to nurse frequently.
- You have saved your family an average of $1800 this year by not having to buy formula!
- By breastfeeding your baby for one year, you have decreased your risk of developing heart disease, Type 2 diabetes, osteoporosis, breast cancer, uterine and ovarian cancer, and many other chronic illnesses.

HEALTHY GALLATIN

Montana WIC

WIC is an equal opportunity provider.

Benefits of Extended Breastfeeding

They don't stop at a year!

- Continuing to breastfeed beyond one year will provide your toddler with 36% of the calcium, 43% of the protein, 60% of the vitamin C, 75% of the vitamin A, and 94% of the vitamin B12 they need every day in just 15 ounces of breastmilk.
- Breastfeeding during this year reduces their exposure to allergens, continues to protect their digestive system, and reduces their risk of infections.
- Some immune factors will actually increase during this time, eliminating some illnesses and decreasing how long they are sick.

12/2014

Breastfeeding Beyond One Year

The benefits continue!

- The World Health Organization (WHO) and UNICEF strongly encourage breastfeeding until 2 years and believe "Breastmilk is an important source of energy and protein, and helps to protect against disease during the child's second year of life."
- The longer a baby and toddler are breastfed, research shows increased brain function which leads to a higher IQ and better grades in school.
- The longer you breastfeed, the lower your risk of developing certain types of cancers including breast cancer. Breastfeeding for 12 months is associated with a 28% decrease and 24 months lowers your risk by 40%. This is total time breastfeeding, so breastfeeding more than one child can continue to decrease your risk.
- Toddlers are always on the move and may only be breastfeeding a couple of times in 24 hours, these times will help you to reconnect with them after a busy day.

Weaning

- Weaning a toddler is very different from weaning a baby. They are vocal now and can often express what they like and don't like. It is also possible to talk to them about weaning and start setting clear boundaries about nursing , if you haven't already.
- Talk about where you will nurse and where you won't. For example, you may not want to nurse in public or when you are visiting someone or have company over. After practicing this a few times and talking about it, go somewhere and try it out. Your child may be upset at first but it's important for them to understand that you are serious. Bring along a snack, drink, or toy from home to offer for comfort of if they are hungry/thirsty.
- Try cutting out the least important nursings of the day. The bedtime/naptime and night nursings will often be the last to wean from. Only eliminate one nursing every 4 to 5 days, especially if your toddler nurses frequently to prevent engorgement and help them adjust. You can offer a snack or drink, a special toy, or fun activity such as reading with them, singing and dancing, or art activities instead. Many toddlers will choose something more exciting than breastfeeding.
- Change up the routine by doing things in a different order or having someone else (dad, grandparent, friend) put your child to bed. This will often work as a distraction and your child will not ask someone else to breastfeed.
- Some children are adamant about breastfeeding. Avoid sitting in the place (couch or chair) or room where you normally breastfeed. You may even set a timer and decrease the time each day until you have eliminated that feeding.
- If you need any help weaning your toddler, please contact our 24 hour hotline at 539-1741.