

Let's talk about... Why Breastfeed?

**Breastfeeding is the way your
baby is born to feed.**

**Breastfeeding is the way
your body is made to
feed your baby.**

**Your bodies are
made to work
together.**

Your breast milk:

- is made for your baby, and is far better than formula or other infant foods.
- helps the ways your baby's body and brain grow and stay healthy.
- helps your baby fight illnesses better than she would without your milk.
- changes to meet the needs of your baby as she grows.

Breastfeeding your baby:

- may help her cry less if being breastfed when having a painful procedure, such as a heel-stick for newborn screening or an injection.
- can help shrink your uterus more quickly after birth, and help decrease the bleeding you may have.
- may lower your chances of developing breast and ovarian cancers.
- for her first 6 months of life can delay the return of your period. This helps support your health and your baby's health by child spacing.
- may help you lose your pregnancy weight much more quickly.

What does exclusive breastfeeding mean?


My breast milk can help my baby from getting sick. What if I get sick? Do I need to stop breastfeeding?

What is the American Academy of Pediatrics?

I've heard it's best to exclusively breastfeed my baby for 6 months. Does that mean my baby only needs breast milk for the first 6 months?

Is it normal to breastfeed for at least a year? Maybe longer? What does the American Academy of Pediatrics say? What is the World Health Organization, and what does it say about how long to breastfeed?

Use the space below to write your own questions or notes:



Next time, let's
talk about...

Milk Supply

The Nursing Mothers Counsel of Oregon serves the Portland Metro/SW Washington Area
Portland 503-282-3338 / SW Washington 360-740-0656 / www.nursingmotherscounsel.org