

As we understand more about how breastfeeding benefits mothers and their children, many are nursing beyond a year.

- ♥ **Nutrition** - Breast milk continues to nourish the child during the second year of life. It contains protein, fat, and other nutrients which children need.
- ♥ **Comfort** - Breastfeeding can provide a great deal of comfort for the toddler - just as it did during the first year. Many mothers find nursing helpful during stressful times (for both mother and child).
- ♥ **Protection from Illness** - The nursing child still gets immunities from breast milk past one year. Some are even found in greater amounts during the second year.
- ♥ **Bonding** - Many mothers find nursing to be a way of keeping that special closeness with their children after going back to work or school.

Information about breastfeeding beyond one year...

- ♥ Most mothers who have nursed a child past age two only nurse once or twice a day. Often, this is at bedtime or first thing in the morning.
- ♥ Toddlers may nurse for comfort when they are sick or hurt. The closeness is a great way to help them feel better.
- ♥ Older babies and toddlers may nurse in unusual positions.
- ♥ WIC encourages women to consider breastfeeding past one year. WIC can answer questions you might have.



- ♥ Women around the world often nurse each of their children more than one year.
- ♥ Your child will let you know when he is ready to move past the breastfeeding stage. Be sure to pat yourself on the back for all the good you have done!
- ♥ The World Health Organization and UNICEF recommend that all infants be fed only breast milk from birth to six months of age and breast milk along with family foods until two years of age.
- ♥ The American Academy of Pediatrics recommends nursing for at least one year and longer, when desired by both mother and child.

So the decision about how long to nurse is up to your baby and you.

Nursing Beyond the First Year

Tips for Successful Breastfeeding



Breastfeeding Notes:

Maryland WIC

Better Nutrition Brighter Future

1-800-242-4942 | www.mdwic.org



Larry Hogan, Governor
Boyd Rutherford, Lt. Governor
Robert R. Neall, Secretary, MDH

This institution is an equal opportunity provider.