

After Six Months



Even after beginning to eat other foods, your baby should continue to take breastmilk for the first year of his or her life, and as you and your baby want thereafter. Breastfeeding for a year or more is important, as breastmilk supports your baby's growth and development and protects against disease.

Breastfeeding through the first year and beyond is normal!

- + Breastmilk should be your baby's primary source of nutrition through the first year.
- + Breastmilk changes as the baby grows to meet the nutritional needs of older babies and toddlers.
- + Extended breastfeeding lowers the risk of diseases for both you and your baby.
- + Many women around the world breastfeed for a year or more.
- + Breastfeeding enhances the bond between you and your baby and results in better social development for your baby.
- + The benefits of breastmilk never stop!
- + Breastfeeding means healthier babies, healthier moms and healthier communities.



Does your baby have teeth?

No worries! Most babies do not bite when breastfeeding.



Did you know?

Knowing what to expect helps mothers stay more relaxed and comfortable. Ask the lactation consultant about our New Moms Connection "support get-together" for moms and babies held on both the Brunswick and Camden campuses.

Questions? Ask a lactation consultant for free!

Call 912-466-3184

In the hospital: Ask your nurse to page the lactation consultant.



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