

BREASTFEEDING BEYOND 1 YEAR



The American Academy of Pediatrics (AAP) recommends breastfeeding for the first two years of life and beyond as mutually desired between mother and child. The benefits of breastmilk feedings do not end after your baby turns one. Research shows that nutritional and disease protection benefits continue as long as breastfeeding continues.

Benefits of Extended Breastfeeding for Mom:

- The longer you breastfeed, the lower your risk of developing breast, ovarian, uterine, and endometrial cancers.
- The longer you breastfeed, the lower your risk of rheumatoid arthritis, heart disease, and osteoporosis.
- Extended breastfeeding helps with weight loss and maintenance.

Benefits of Extended Breastfeeding for Toddlers:

- Nursing toddlers are sick less often and have fewer allergies.
- Nursing toddlers continue to have increases in IQ scores later in life.
- There is a decreased risk of developing Type II Diabetes as children age.

Tips for EXTENDED Nursing

You may need to experiment with different breastfeeding positions so you are comfortable nursing a toddler in public. If it is uncomfortable, limit nursing sessions to morning, nap times and evening.

Some families create a code word for their toddler to use when asking to nurse in public. If you do not wish to nurse in public, gently tell your toddler that they can wait until they get home.

As your toddler increases the amount of solids they eat, they will naturally breastfeed less often.

As your baby gets older, it may not be necessary to pump as often as you were previously. After they turn one year, you may be able to stop pumping altogether. Follow your body's cues and pump or hand express only if you are feeling uncomfortably full.



OKLAHOMA
State Department
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Women, Infants and Children