



6 MONTHS OF BREASTFEEDING

Why wait until 6 months for solids?

- Baby will have greater protection from illness.
- Baby's digestive system will have time to mature.
- Baby will be developmentally ready to eat foods that are not liquids.
- Baby will have a lower risk of obesity in the future.
- Starting solids will be easier.



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- **Baby may have more protection from iron-deficiency anemia.**
- **Mom will more easily maintain her milk supply.**
- **Mom is less likely to become pregnant.**
- **Mom can more quickly lose extra “baby weight”.**

**Information retrieved from
<http://kellymom.com/nutrition/starting-solids/delay-solids/>**

Have any questions?

Contact our Maternity Navigator
maternitynavigator@hcmhcares.org
Call: 765.599.3193 or Text: 765.521.1116



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