



EXCLUSIVE BREASTFEEDING

- Exclusive breastfeeding means your baby only gets breast milk without any extra food or drink, not even water.
- Breastfeeding is an unequalled way of providing ideal food for the healthy growth and development of infants.
- Breast milk is the natural first food for babies. It provides all the energy and nutrients needed to the first 6 months of life.
- Breast milk promotes sensory and cognitive development and protects the infant against infections and chronic diseases.
- Breastfeeding is part of the reproductive process that has important implications for the health of mothers.
- Evidence has shown that on a population basis, exclusive breastfeeding for 6 months is the optimal way of feeding infants. Thereafter, infants should receive complementary food with continued breastfeeding up to 2 years of age or beyond.

Information retrieved from “The Gift of Motherhood”, 2019.





World Health Organization and United Nations Children's Fund recommends the following to ensure 6 months of exclusive breastfeeding:

- Initiation of breastfeeding within the first hour of life
- Breastfeeding on demand- that is as often as the baby wants
- No use of bottles or pacifiers until breastfeeding has been initiated and well established.

For more information visit:

http://www.who.int/nutrition/topics/exclusive_breastfeeding/en/

Have any questions?

Contact our Maternity Navigator

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Call: 765.599.3193 or Text: 765.521.1116



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