

Your Breastmilk is all Your Baby needs

Information for parents of healthy, full-term newborns

Health experts agree:

Healthy full-term babies should be fed only breastmilk for the first 6 months of life.

Your breastmilk is made especially for your baby. Although formula provides basic nutrition, it lacks living nutrients that are found only in breastmilk. Your healthy, full-term baby does not need anything other than your breastmilk for the first 6 months of life and may breastfeed for 2 years and beyond.

Giving only breastmilk (exclusive breastfeeding) has proven benefits. Research shows that breastfeeding often, without extra feedings called supplements, helps the mother build a good supply of milk.

Most formula is created from cow's milk. Formula supplements, should only be given to your baby if there is a medical reason. Occasionally your care provider may decide supplements are necessary for a baby's health. Your own breastmilk is the best supplement. Your nurse or a lactation consultant can show you how to express your breastmilk and give it to your baby.

Possible Effects of Formula Supplements	Benefits of Breastmilk ONLY
<ul style="list-style-type: none"> • Formula changes the natural protection against infection found in the baby's intestines. • Formula is slow to digest. If your baby feeds less often, your milk supply may decrease. • Early use of formula may trigger allergies in some children. • Giving formula supplements without a medical reason often leads to early weaning. 	<ul style="list-style-type: none"> • Breastmilk coats the intestines and prevents infection from harmful bacteria and viruses. • Breastmilk digests easily. Feeding your baby more frequently will increase your milk supply. • Breastmilk helps protect against allergies. • Feeding only breastmilk builds your milk supply and your confidence.

We will do everything we can to help you with breastfeeding.