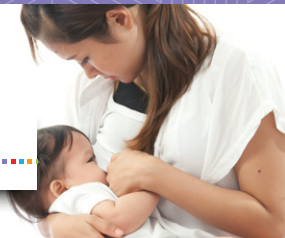


## BREASTFEEDING AN OLDER BABY



### BREASTFEEDING CONTINUES!

#### FOUR MONTHS AND BEYOND

Breastfeeding remains important for your baby and for you. During the first 6 months, all he needs is breastmilk and vitamin D. Ask your doctor or WIC about iron, too. At about six months of age, he will be ready to add foods. Poops will change when he starts eating other foods, becoming more solid and less frequent. WIC will provide more information about adding foods.

The American Academy of Pediatrics recommends: Breastfeed without offering any foods for 6 months, then continue to breastfeed until at least 1 year or longer, as mom and baby desire.

As babies get older, moms may worry about new things. Some common worries are:

#### TEETH!

Teething babies and babies with teeth can still breastfeed. Many babies never bite while nursing. Those who do bite once may never do it again. When your baby is teething, remember:

- Babies cannot bite while actively nursing. If babies bite, the most common times are when first latching or when baby is full and ready to play.
- Biting urges typically pass in a few days. During those days, be extra alert for signs of a bite coming and end the feeding by inserting your finger between his gums.

#### DISTRACTIONS!

Hello world. There is a lot to see and do. All that is going on around him may be distracting. Try feeding in a quieter place.



## **NURSING STRIKES!**

Has your baby suddenly refused to breastfeed? This is not necessarily because your baby is ready to wean — teething, sickness, distractions or changes in routine can cause an interruption in feeding. Here is what you can do to help:

- Spend extra time holding and cuddling baby.
- Breastfeed in a quiet, darkened room, or when your baby is sleepy.
- Try feeding breastmilk from a cup.
- Keep offering and talk soothingly. In a couple of days your baby will likely return to breastfeeding happily.

## **WHAT ABOUT WEANING?**

- The right time to wean is up to you and your baby. Many moms who thought they would stop at a year find that they and their child still enjoy breastfeeding and continue longer.
- If you wean, wean gradually. This helps your body adjust to making less milk and helps your baby adjust to the changes in what he eats and how he eats. Begin by stopping the feeding that seems the least important to your baby. In a few days, stop another feeding. You might decide to keep one or two feedings each day.
- If a sudden weaning is necessary, please call your lactation consultant or other breastfeeding expert.

Again, call WIC, your lactation consultant or health care provider if you have ANY questions or concerns about breastfeeding.

