



**Weill Cornell Medicine**

# Celebrate Breastfeeding



**This August, brush up on the natural form of nutrition for babies in honor of National Breastfeeding Month.**

## Expert Recommendations

According to the American Academy of Pediatrics, babies should:

- **Breastfeed exclusively** until they're **6 months old**.
- **Continue breastfeeding** after 6 months **as long as mother and baby wish to do so** while gradually incorporating other foods into their diet.



## Bountiful Benefits



### Bonding

Breastfeeding helps moms and babies **build a strong connection**.



### Health protection

Breastfeeding can **strengthen babies' immune systems and reduce their risk of asthma, diabetes, inflammatory bowel disease and obesity**. For moms, breastfeeding can reduce the risk of diabetes, high blood pressure, and breast and ovarian cancers.



### Safety

Breastfeeding can **reduce babies' risk of sudden infant death syndrome**.

## Three Breastfeeding Tips

1. **Ask a lactation consultant** for breastfeeding advice and assistance before you leave the hospital with your newborn.
2. **Learn to recognize your baby's hunger cues**, such as putting hands to mouth, making sucking motions with the lips or crying.
3. **Try different breastfeeding positions**, such as cradling your baby or lying on your side, to find the one that works best. This can help prevent nipple soreness and breast fullness.



**Learn more about how Weill Cornell Medicine can help you succeed as a parent by visiting <https://weillcornell.org/parent-education>**



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