

# Why Exclusive Breastfeeding?

- Exclusive breastfeeding means that you give your baby only breast milk— which means no water, food or formula supplement.
- The American Academy of Pediatrics and many other experts recommend exclusive breastfeeding until babies are six months old.
- After that, breastfeeding is recommended for up to a year, and longer as desired, while starting on other foods.
- Only vitamin D drops are needed for added nutrition—your baby’s doctor will give you a prescription.

Exclusive breastfeeding is best for your baby—better than feeding your baby both breast milk and formula. **Babies who are exclusively breastfed receive the greatest health benefits.**

You can do it! Most mothers can make enough milk for their babies—even enough for twins! When you breastfeed exclusively, your milk supply builds up quickly.

## Exclusive breastfeeding is better for your baby

- Breast milk is special. It has a unique combination of vitamins, other nutrients and antibodies not found in formula. And unlike formula, breast milk changes as your baby grows — so it provides exactly what your baby needs at each feeding and over time. It even has plenty of water in it, so there is no need for a separate bottle.
- Babies fed only breast milk get fewer ear, stomach and lung infections than babies given both formula and breast milk. Breastfed babies are also less likely to develop asthma, especially if there is a family history of asthma.
- Breast milk is easier to digest than formula, resulting in less spit-up and constipation.

## Exclusive breastfeeding is better for you

- Breastfeeding exclusively helps build up your milk supply quickly. This will help you achieve your breastfeeding goal more easily.
- It’s always ready to go! It’s always the right temperature, and there’s no need to wash and sterilize bottles.
- Since your baby is likely to be healthier, you will miss less time from work or school and have fewer visits to the doctor.
- Because your milk supply will be plentiful, you can continue to provide the benefits of breast milk to your baby, through pumping and storing your milk, once you return to work or school.