

Breastfeeding Your Older Baby or Toddler

How long you breastfeed is a personal decision for you and your baby.



Medical experts recommend that mothers breastfeed 1 to 2 years or longer.

Many mothers and babies enjoy breastfeeding until the baby feels ready to stop on his own.

Breastfeeding continues to provide important benefits as your baby grows:

- ♥ Spending special time together as your baby grows more independent
- ♥ Helping a toddler feel secure as she explores her world.
- ♥ Keeping a toddler healthier, and making it easy for mom to comfort her when she does get sick.



If you decide to stop breastfeeding before your baby chooses to:

- ♥ Decrease breastfeeding slowly, over time, and give your baby extra attention.
- ♥ Even older babies and toddlers will want to breastfeed when they are ill or feeling stress. Try to wean at a pace that is right for both of you.