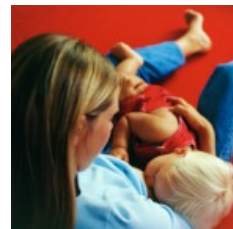




Toddlers and Breastfeeding

My toddler wants to breastfeed only when he's upset or tired. Is it healthy to continue breastfeeding if nursing has turned into a comfort ritual more than anything else?



Your toddler may turn to nursing for comfort and reassurance, but he is certainly still benefiting from the nutritional and immunologic benefits. In any case, emotional support is a perfectly legitimate aspect of breastfeeding.

Seeking out a reassuring nursing session when he's upset and bouncing back as soon as he finishes builds your child's confidence and feelings of security and well-being. Certainly there is no evidence that extended breastfeeding makes a child more dependent or harms him in any way.

On the contrary, many parents proudly tell how independent, healthy, and exceptionally bright their long-term breastfed children become. As long as you are comfortable breastfeeding your toddler, there is no reason to stop.

Last Updated 1/18/2012

Source New Mother's Guide to Breastfeeding, 2nd Edition (Copyright © 2011 American Academy of Pediatrics)

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