



Breastfeeding

The American Academy of Pediatrics recommends breastfeeding as the sole source of nutrition for your baby for about 6 months and can be continued for as long as both mother and baby desire it. The following articles help explain how breastfeeding not only provides excellent nutrition, but also sets baby up for healthy growth and development.

Featured Article



Expressing Breast Milk at Work: Tips for Nursing Parents

Readjusting to your previous work routine can be challenging enough without factoring in a breastfeeding schedule. Be sure to take the time to prepare your baby, your caregiver, your co-workers, and yourself for this new situation.

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[3 Times to Delay Weaning Your Baby](#) (<https://www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/When-Not-to-Wean.aspx>)

[A Breastfeeding Checklist: Are You Nursing Correctly?](#) (<https://www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/A-Breastfeeding-Checklist-Are-You-Nursing-Correctly.aspx>)

[Alcohol & Breast Milk](#) (<https://www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/Alcohol-Breast-Milk.aspx>)

Breast Milk and Your Diet: What Nursing Parents Need to Know (<https://www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/Breastmilk-And-Your-Diet.aspx>)

Breastfeeding & Solid Foods: Working Together (<https://www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/Working-Together-Breastfeeding-and-Solid-Foods.aspx>)

Breastfeeding After Cesarean (C-Section) Delivery (<https://www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/Breastfeeding-After-Cesarean-Delivery.aspx>)

Breastfeeding After Your Baby Gets Teeth (<https://www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/When-Your-Baby-Gets-Teeth.aspx>)

Breastfeeding Benefits Your Baby's Immune System (<https://www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/Breastfeeding-Benefits-Your-Babys-Immune-System.aspx>)

Breastfeeding Beyond the First Year (<https://www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/Continuing-Breastfeeding-Beyond-the-First-Year.aspx>)

Breastfeeding Mealtime Milestones (<https://www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/Breastfeeding-Mealtime-Milestones.aspx>)

Breastfeeding and Intimacy: Information for Nursing Parents & Partners (<https://www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/Breastfeeding-and-Sexuality.aspx>)

Breastfeeding: AAP Policy Explained (<https://www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/Where-We-Stand-Breastfeeding.aspx>)

Clogged Milk Ducts (<https://www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/Clogged-Milk-Ducts.aspx>)

Colostrum: Your Baby's First Meal (<https://www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/Colostrum-Your-Babys-First-Meal.aspx>)