

*World Breastfeeding Week*

Breastfeeding and Family Foods:  
Loving & Healthy

August 1 - 7, 2005



Breastmilk is rich in nutrients and energy, more than most other foods. In the first two years other foods should add to, rather than replace breastmilk. In addition, breastmilk continues to protect baby from illness by boosting the immune system and protecting the digestive tract.

On average breastmilk will provide these amounts to baby's energy needs:

- Birth to about 6 months 100%
- 6 to 8 months around 70%
- 9 to 11 months around 55%
- 12 to 23 months around 40%

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As a baby starts complementary feedings baby also starts a new phase in social, emotional, and behavioral development as well as in the relationship with parents and other care givers. Communication skills, motor skills and hand-to-eye coordination improve. How, what, and amounts fed change as baby grows.



Feeding in a caring, sensitive way to baby's changing needs and skills, "responsive feeding," makes for a loving transition from exclusive breastfeeding to family foods.

Usually when your infant is around 6 months of age it is time to introduce solids in addition to breastfeeding. Breastfeeding continues to be the principal food, but gradually small quantities of nutrient-dense foods will contribute greater amount of calories, iron, vitamin D, and zinc to baby's nutrition.