

# BREASTFEEDING BEYOND SIX MONTHS

There are many reasons why breastfeeding is good for you and your baby, even beyond six months. If you are both happy to continue it is recommended that babies are breastfed to 12 months and beyond.



## The longer you breastfeed the greater the benefits for you both

### Benefits of breastmilk for baby



When babies start solids they only eat small amounts. Breastmilk continues to be an important part of meeting their needs



Reduces the likelihood of your baby getting sick from colds and flus, middle ear infections, diarrhoea and more



Supports brain development and healthy growth



Supports a strong bond between mother and baby

### Benefits of breastfeeding for mum



Can reduce your risk of some cancers, Type 2 Diabetes and high blood pressure



It is convenient and free, especially while you're out and about



Promotes bonding and attachment with baby and can have a positive influence on maternal mood and stress

If you have any concerns about your child, contact your local [\*Child and Family Health Nurse service\*](#), [\*Aboriginal Maternal and Infant Health Service \(AMIHS\)\*](#), [\*Building Strong Foundations \(BSF\) for Aboriginal Children, Families and Communities\*](#), or GP.



Health  
Hunter New England  
Local Health District



HNEkidshealth  
Children, Young People & Families



Healthy Beginnings for HNEkids acknowledge the traditional custodians of the land on which we work, live and gather, recognising their continuing connection to land, water and community. We pay respects to Elders past, present and emerging, as well as Aboriginal people who have provided valuable guidance to the development of this project.