

BREASTMILK BEYOND SIX MONTHS

There are many great reasons to give your baby breastmilk beyond six months. The longer you breastfeed, the greater the benefits for both of you.



For Mothers

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

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

Extra tips



Start by offering breastmilk before food. As your baby starts to have 3 meals per day, you can offer breastmilk in between or after meals



To keep up your milk supply, early morning and late evening breastfeeding can help or try more feeds when you are together

If you have any concerns about your child, contact your local [Child and Family Health Nurse](#), [Aboriginal Maternal and Infant Health Service \(AMIHS\)](#), or GP.



We acknowledge the traditional custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past, present and emerging.



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