



FEEDING MY INFANT: BREASTFEEDING

Breastfeeding

- Human milk is the preferred food for infants.
- Exclusive breastfeeding is advised for the first 6 months of life, as able.
- After 6 months and as an infant starts eating solids, breastfeeding should continue through the infant's first 12 months of life and until it is no longer desired by the mother and infant.
- Breastfeeding does not have to be "all or nothing." Human milk and iron-fortified infant formula feeding can be combined, known as mixed feeding.
- Infants who are exclusively breastfed or mixed fed will need a vitamin D supplement (400 IU/day).
- Infants should typically be fed on demand, when the infant shows signs of hunger, unless medically advised otherwise.

Expressing Human Milk

- "Expressing" is the removal of human milk either by hand or breast pump.
- Expressing human milk can help relieve overly full (engorged) breasts and can provide milk to the infant when mother and infant are apart.

MORE INFORMATION ON EXPRESSING HUMAN MILK CAN BE FOUND AT:
<https://wicbreastfeeding.fns.usda.gov/pumping-and-hand-expression-basics>

Breastfeeding Offers Benefits to Both Mother and Infant

- Breastfed infants have a lower risk of getting some infections and diseases such as asthma, ear infections, and type 2 diabetes.
- For most infants, human milk is easier to digest than infant formula.
- Mothers that breastfeed have a lower risk of getting certain types of breast and ovarian cancers, high blood pressure, and type 2 diabetes.
- Breastfeeding promotes mother-infant bonding.



FOR MORE INFORMATION ON INFANT FEEDING CHECK OUT THESE FACTSHEETS:
FEEDING MY INFANT: BIRTH TO 6 MONTHS
Donor Human Milk
Infant Formula
Signs of Hunger/Fullness
Proper Handling/Storage of Human Milk
Introducing Solids (Signs of Readiness)
FEEDING MY INFANT: 6 TO 12 MONTHS
Introducing Solids



My Infant

Tobias Bleicker



My Infant:

The Enigmatic Realm of **My Infant**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **My Infant** a literary masterpiece penned by a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those who partake in its reading experience.

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