

## **Prenatal Education: Topic #2: Only Breastmilk For The First 6 Months**



### **Breastmilk is all your baby needs for the first six months of life.**

1. Babies need no other food or fluid, including water.
2. Introducing other food or fluids can cause problems for breastfeeding and your baby's health.

### **The early months of your baby's life are essential to her longterm development.**

1. Breastfeeding gives your baby the body-building components that are particularly suited to his health and development.
2. Milk from animal and plant sources do not contain the body-building components particularly suited to the human body.

### **The first milk is colostrum.**

1. Colostrum is concentrated milk that your breasts produce from about the middle of pregnancy.
2. Colostrum gives your baby protection against disease that no formula can provide.
3. The amount of colostrum is small during the first few days so the baby's stomach will not be overfilled. This is important while the baby is learning to coordinate sucking, swallowing, and breathing.
4. Baby's stomachs are very tiny at birth and grow a little larger each day. Milk production increases gradually every day, matching the baby's stomach size.

### **Babies are born with extra fluid stores.**

1. This extra fluid is used over the first few days while their stomach is too small to accommodate much fluid.
2. The weight loss babies normally experience in the first few days is simply loss of this "water weight."

***...to learn more, read the other side!***