



Western Upper Peninsula Health Department **BREASTFEEDING**



HOW LONG SHOULD I BREASTFEED

Some moms nurse for a few months, others for a few years. The best choice is the one that works for your body, your baby, and your life. You're doing great.

What's recommended (and encouraged):

The World Health Organization and the American Academy of Pediatrics recommend exclusive breastfeeding for the first 6 months of life. After that, you can continue breastfeeding while introducing solid foods—ideally for at least a year and as long as it feels right for you and your baby.

How does it look for working parents?

Many moms find ways to continue breastfeeding by pumping at work and nursing when home. Working with a WIC Peer Counselor can help you figure out the best plan that works for you.*

The bottom line:

There's no "one-size-fits-all" answer. Some moms breastfeed for a few months, while others for several years. What matters most is doing what works best for your body, your baby, and your life. Every drop of breastmilk counts—whether it's a few or many.

*See WUPHD's newsletter, *Pumping and Working* for more information!



*Always remember you can ask for help by contacting your local WIC agency or breastfeeding peer support person
This institution is an equal opportunity provider*

Tips to have a successful breastfeeding journey:

1. ***Stay hydrated and well-nourished.*** Your body needs fuel to make milk. Keep a water bottle and easy snacks easily accessible and close by—especially during cluster feeding days.
2. ***Give yourself grace.*** Some days are easy, others aren't. Try not to stress. It's all part of the process.
3. ***Find a comfortable nursing routine.*** Make where you nurse cozy. A comfy chair, supportive pillows, and a good show or podcast can make a big difference. When you are relaxed, breastfeeding often goes more smoothly.
4. ***Lean on support.*** Connect with your local WIC Peer Counselor, lactation consultants, online groups, or other moms. Sometimes just having someone to listen can help you keep going.
5. ***Take it one day at a time.*** Breastfeeding to meet a goal can be overwhelming. Just focus on today and remember why you want to breastfeed. Every bit of breastmilk given to your baby is a win!



Breastfeeding Fun Fact:

Long-term breastfeeding = longer-lasting immunity. Studies show that extended breastfeeding can lower the risk of infections, allergies, and even some chronic diseases later in life.

Whether you've already spoken with family or friends or are just looking for extra support, we encourage you to reach out to your local Health Department to connect with your Breastfeeding Peer Support person. We're here to help, listen, and support your goals without judgment. Let's reach them together!

*Always remember you can ask for help by contacting your local WIC agency or breastfeeding peer support person
This institution is an equal opportunity provider*