

Happy Birthday Baby!

And congratulations on reaching a milestone of breastfeeding for one year!

It is important to remember that you **do not** need to stop breastfeeding by your baby's first birthday. The World Health Organization recommends breastfeeding for 2 years! However, when you are ready to wean, consider these two options:

Child-Led Weaning actually begins when we introduce foods into a child's life and he begins to depend less on breastfeeding. Sometimes children will go through periods of time where they take a break from nursing but come back to nursing in a few days. If children are allowed to self-wean on their own time, it is easier for both mom and baby.

Mother-Led Weaning Some moms decide to wean at a certain age. No matter what age, it is best to wean gradually. Gradual weaning allows you to slowly substitute other kinds of nutrition such as baby food and cereal. Weaning should occur slowly over a few weeks to make it easier on both you and your child.

This will be my last newsletter but does not mean that my support stops. Feel free to still call me for any services or questions. I hope WIC was here to support you when you needed it and helped you have an enjoyable breastfeeding experience. You have given your baby a great gift. I now encourage you to:

- Talk to pregnant women about your breastfeeding experience and why you liked it. Sometimes people hear negative comments.
- Offer to visit or be phone support for a new mom. Remember that overwhelming feeling you had with your new baby? A kind or reassuring word at this time can make all the difference.
- Mother to mother support is important. Nobody can help a breastfeeding mom better than one that has been there themselves.
- Consider writing about your breastfeeding experience for WIC's breastfeeding scrapbook!



From Marisela Krupp, WIC Breastfeeding Peer Counselor

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