

## Is my milk good enough for my baby?

Advertising and marketing of infant formula and toddler milks can make people wonder if a mother's milk has everything a baby needs. Mother's milk has fed babies for thousands of years. We would not be here today without mother's milk.



### Will my baby grow enough on only my milk?



**Yes.** Mother's milk can provide everything a baby needs for healthy growth in the first six months. Mother's milk continues to provide valuable nutrients for as long as the child has it. A healthy weight is best, not an overweight baby. An overweight baby can continue to an overweight child and adult.

### Does my baby need the added iron from a processed formula?

**No.** A baby stores iron when in the womb and gets the right amount from mother's milk in the months after birth. The birth stores of iron start to get low in the second half of the first year. This is why iron rich foods are started from 6 months such as meat, fish, beans, eggs and green vegetables. Iron from mother's milk is easily used by the baby. Adding extra iron above what the baby needs can feed the bacteria in the baby's system and so they multiply and increase the risk of infections. Too much iron also can make digestive upset more likely.



### Can my milk disagree with my baby?



**Most babies do not react to foods the mother eats.** Around the world mothers eat cabbage, grapes, spices, beans and many other foods with no effect on the baby. Many babies have times of the day when they are unsettled and this can be normal. Drinking too fast or long crying can result in wind and spitting-up for some babies. Check for some simple things before changing what you eat.

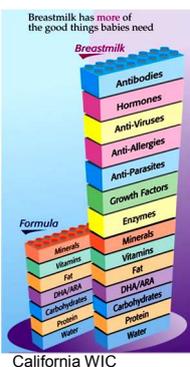
### Does my baby need to "move on" from breastfeeding to processed formula to grow and develop?

**No.** Millions of babies around the world grow and develop well with only mother's milk for the first six months and continue mother's milk plus increasing amounts of family foods until fully eating the family meals.



### Does my milk have things in it that processed milk doesn't have?

**Yes, lots.** A mother's milk has a blend of nutrients that is not found in processed milks. A mother's milk also has compounds that fight infections that the baby comes into contact with and growth factors for a healthy system. It is ready to use with no preparation needed. And mothers milk comes with a warm hug and helps mother to be healthy too.



## Is your milk good enough for your baby? YES, it's great for your baby



This is general information. Discuss your specific needs with your midwife, nurse, lactation consultant or doctor.

Like more info sheets? Visit the BFHI web site

