

Aeroflow Breastpumps

Breastfeeding Duration: New Recommendations

Breastfeeding and providing breast milk is the best source of nutrition for infants. Based on the 2022 American Academy of Pediatrics (AAP) policy, they recommended exclusive breastfeeding for approximately 6 months after birth with continued breastfeeding along with appropriate complementary foods at 6 months, as long as wanted by both mom and child for 2 years or beyond.¹ Breastfeeding and providing human milk is more than nutrition; it is beneficial to assist with a healthy immune system, promotes healthy brain and gut development, and prevents many diseases and conditions such as:

Infants:¹

- Lowers risk of ear and lung infections
- Lowers risk of diarrhea
- Lowers risk of sudden infant death syndrome (SIDS)
- Lowers risk of obesity

Mothers:¹

- Lowers risk of type 2 diabetes
- Lowers risk of breast, ovarian and endometrial cancer
- Lowers risk of high blood pressure

What If I Have Questions?

If you are interested in learning more, these Aeroflow classes expand on some of the topics discussed above:

- Birth & Breastfeeding

To register for these classes, log into your portal or click [here](#).

Want More Info?

For a directory of Aeroflow's other Care Guides offering information on pregnancy, baby care, and more, browse our comprehensive list of titles:

<https://www.hersourcehealth.com/aeroflow-care-guides/>

References:

1. <https://publications.aap.org/pediatrics/article/150/1/e2022057988/188347/Policy-Statement-Breastfeeding-and-the-Use-of>