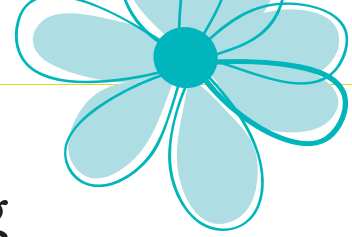


Your body is built for breastfeeding



During pregnancy, your body gets ready to breastfeed. In the fourth month of pregnancy, your breasts start making colostrum, the first milk for your baby. Colostrum can be yellow or clear. The colostrum that you feed your baby during the first few days after birth will boost his immune system and help him poop. This lowers his chance of jaundice, a condition where the baby's skin and eyes turn yellow.

Your newborn baby has a tiny stomach – about the size of a small marble. On the first day, his stomach can only hold about one teaspoon of colostrum each time you feed him. Your baby's stomach and appetite will grow as he grows.

Colostrum is the only thing your baby needs the first few days after he is born.



How long should I breastfeed?

Any amount of breastfeeding is good, but the longer you breastfeed, the better. The American Academy of Pediatrics says that women should breastfeed their babies "exclusively" (feed only breastmilk to their babies) for about the first 6 months. At that point, mothers should start giving baby foods and continue to breastfeed, at least until the baby is 12 months old. Experts say that women should keep breastfeeding after one year as long as the mom and the baby both want to.

