

## Extended Breastfeeding Fact Sheet

### Nursing toddlers benefit NUTRITIONALLY

"Breast milk continues to provide substantial amounts of key nutrients well beyond the first year of life, especially protein, fat, and most vitamins." (Dewey 2001)

In the second year (12-23 months), 448 mL of breastmilk provides:

- 29% of energy requirements
- 43% of protein requirements
- 36% of calcium requirements
- 75% of vitamin A requirements
- 76% of folate requirements
- 94% of vitamin B<sub>12</sub> requirements
- 60% of vitamin C requirements (Dewey 2001)

"The estimated mean 24-hour milk intake was 548 g for the 97% who were breastfed at 12 to 23 months and 312 g for the 73% who were breastfed at 24 to 36 months. This represents an average daily intake of 41% and 23% of the safe recommended daily intake (400 RE) for vitamin A, respectively." (Persson 1998)

Although there has been little research done on children who breastfed beyond the age of two, the available information indicates that breastfeeding continues to be a valuable source of nutrition and disease protection for as long as breastfeeding continues.

It's not uncommon for weaning to be recommended for toddlers who are eating few solids. However, this recommendation is *not* supported by research. According to Sally Kneidel in "Nursing Beyond One Year" (Kneidel 1990):

"Some doctors may feel that nursing will interfere with a child's appetite for other foods. Yet there has been no documentation that nursing children are more likely than weaned children to refuse supplementary foods. In fact, most researchers in Third World countries, where a malnourished toddler's appetite may be of critical importance, recommend continued nursing for even the severely malnourished (Briend *et al*, 1988; Tangermann, 1988; Shattock and Stephens, 1975; Whitehead, 1985). Most suggest helping the malnourished older nursing child not by weaning but by supplementing the mother's diet to improve the nutritional quality of her milk (Ahn and MacLean, 1980; Jelliffe and Jelliffe, 1978) and by offering the child more varied and more palatable foods to improve his or her appetite (Tangermann, 1988; Underwood, 1985)."

### Nursing toddlers are SICK LESS OFTEN

"Antibodies are abundant in human milk throughout lactation" (Hamosh 1991; p. 134). In fact, some of the immune factors in breastmilk increase in concentration during the second year and also during the weaning process (Goldman 1983, Goldman & Goldblum 1983, Hamosh 1991).

Per the World Health Organization, "a modest increase in breastfeeding rates could prevent up to 10% of all deaths of children under five: Breastfeeding plays an essential and sometimes underestimated role in the treatment and prevention of childhood illness."

Nursing toddlers between the ages of 16 and 30 months have been found to have fewer illnesses and illnesses of shorter duration than their non-nursing peers (Gulick 1986).

The American Academy of Family Physicians notes that children weaned before two years of age are at increased risk of illness (AAFP 2001).

### Nursing toddlers have FEWER ALLERGIES

Many studies have shown that one of the best ways to prevent allergies and asthma is to breastfeed exclusively for at least 6 months and to continue breastfeeding long-term after that point. Breastfeeding can be helpful in preventing allergy by

- (1) reducing exposure to potential allergens (when baby is exposed later, allergic reactions are less likely),
- (2) speeding maturation of the protective barrier in baby's intestines,
- (3) coating the gut and providing a barrier to potentially allergenic molecules,
- (4) providing anti-inflammatory properties that reduce the risk of infections (which can act as allergy triggers).

### Nursing toddlers are SMART

Extensive research on the relationship between cognitive achievement (IQ scores, grades in school) and breastfeeding has shown the greatest gains for those children breastfed the longest.

### Nursing toddlers are WELL ADJUSTED SOCIALLY

According to Sally Kneidel in "Nursing Beyond One Year" (Kneidel 1990): "Research reports on the psychological aspects of nursing are scarce. One study that dealt specifically with babies nursed longer than a year showed a significant link between the duration of nursing and mothers' and teachers' ratings of social adjustment in six- to eight-year-old children (Ferguson *et al*, 1987). In the words of the researchers, 'There are statistically significant tendencies for conduct disorder scores to decline with increasing duration of breastfeeding.'"

According to Elizabeth N. Baldwin, Esq. in "Extended Breastfeeding and the Law": "Breastfeeding is a warm and loving way to meet the needs of toddlers and young children. It not only perks them up and energizes them; it also soothes the frustrations, bumps and bruises, and daily stresses of early childhood. In addition, nursing past infancy helps little ones make a gradual transition to childhood... Meeting a child's dependency needs is the key to helping that child achieve independence. And children outgrow these needs according to their own unique timetable." Children who achieve independence at their own pace are more secure in that independence than children forced into independence prematurely.

### Nursing a toddler is NORMAL

The American Academy of Pediatrics recommends that children be breastfed for at least 12 months, and for as long after that as mother and child both wish to continue (AAP 2005).

The American Academy of Family Physicians recommends that breastfeeding continue throughout the first year of life and that "Breastfeeding beyond the first year offers considerable benefits to both mother and child, and should continue as long as mutually desired." They also note "If the child is younger than two years of age, the child is at increased risk of illness if weaned." (AAFP 2001)

A US Surgeon General has stated that it is a lucky baby who continues to nurse until age two. (Novello 1990)

The World Health Organization emphasizes the importance of nursing up to two years of age or beyond (WHO 1992, 2002).

Scientific research by Katherine A. Dettwyler, PhD shows that 2.5 to 7.0 years of nursing is what our children have been designed to expect (Dettwyler 1995).

## MOTHERS also benefit from nursing past infancy

- Extended nursing delays the return of fertility in some women by suppressing ovulation.
- Breastfeeding reduces the risk of breast cancer. Studies have found a significant inverse association between duration of lactation and breast cancer risk.
- Breastfeeding reduces the risk of ovarian cancer.
- Breastfeeding reduces the risk of uterine cancer.
- Breastfeeding reduces the risk of endometrial cancer.

- Breastfeeding protects against osteoporosis. During lactation a mother may experience decreases of bone mineral. A nursing mom's bone mineral density may be reduced in the whole body by 1 to 2 percent while she is still nursing. This is gained back, and bone mineral density may actually increase, when the baby is weaned from the breast. This is not dependent on additional calcium supplementation in the mother's diet.
- Breastfeeding has been shown to decrease insulin requirements in diabetic women.
- Breastfeeding mothers tend to lose weight easier.

## REFERENCES

Only specifically cited references are included in this list. See [www.kellymom.com](http://www.kellymom.com) for additional references.

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