



Facts About Breastfeeding



For the first six months, your baby can just drink breast milk or formula. After six months, you can start transitioning your baby to solid foods.



Breast milk is clean, safe, and always at a safe temperature.



Many pediatricians recommend breast feeding for the first 12 months, or longer if the baby and the mother wish.



Breastfeeding takes practice. It will get easier over time.



In the first few days, your breasts will feel firm and full. After a few weeks, your breasts will feel softer. This is normal, your milk has not gone away. The amount of milk you make is changing to fit your baby's needs.

In California, a breastfeeding person has the right to breastfeed in public. However, you may also use a baby sling, blanket or loose clothes.



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