



# Facts About Breastfeeding



It is recommended to exclusively breastfeed your baby for the first **6 months**. Exclusive breastfeeding means the baby does not receive any additional food or fluids unless medically recommended.



It is okay to introduce solid foods at 6 months, but breastfeeding should continue for at least one year or longer if the baby and mother wish.



Breast milk is clean, safe, has all of the nutrients your baby needs, and protects against illness like ear infections, diarrhea, allergies, obesity, or developing diabetes.






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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