

Breast Feeding Toddlers

Because more and more women are choosing to breast feed their babies, more and more are also finding that they enjoy it enough to continue longer than the first few months they planned on. Breast feeding to 3 - 4 years of age is common in much of the world recently, and is still common in many societies for toddlers to be breast fed.

Because mothers and babies often enjoy to breast feed, you shouldn't stop it. After six months, many think that breast milk loses it's value - which isn't true. Even after six months, it still contains protein, fat, and other important nutrients which babies and children need.

The fact is, immune factors in breast milk will protect the baby against infections. Breast milk also contains factors that will help the immune system mature, and other organs to develop and mature as well.

It's been shown and proven in the past that children in daycare who are still breast feeding have far less severe infections than the children that aren't breast feeding. The mother will lose less work time if she chooses to continue nursing her baby once she is back to work.

If you have thought about breast feeding your baby once he gets passed 6 months of age, you have made a wise decision. Although many feel that it isn't necessary, breast milk will always help babies and toddlers. Breast milk is the best milk you can give to your baby.

No matter what others may tell you, breast feeding only needs to be stopped when you and the baby agree on it. You don't have to stop when someone else wants you to - you should only stop when you feel that it's the right time.

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