



FÉDÉRATION
Nourri-
Source

BREASTFEEDING A TODDLER

The longer the better

- The breastfeeding relationship with the child changes over time, breastfeeding allows the child to satisfy his or her need for comfort and will help the child achieve a certain level of autonomy
- Breastfeeding contributes to the development of the brain, immune and digestive systems to reach optimal maturity; therefore, the longer a child is breastfed, the greater the benefits

Health Canada
and
and the WHO
recommend
breastfeeding
for up to
2 years or
more, after
the
introduction
of solids
around 6
months
2023

REFERENCE : LE PETIT NOURRI-SOURCE

www.nourri-source.org



- A verbal or non-verbal code can be used as a signal when the toddler wants to have milk in the presence of visitors or in a public place

- Breast milk covers 1/3 of a child's nutritional needs during the 2nd year of life
- It is possible to return to work and continue to breastfeed as often as desired while with the child



7^e
édition