

An illustration of a woman with long dark hair, wearing yellow-rimmed glasses, a white and green striped shirt, and a green patterned apron. She is holding a yellow block with the number 3. A young child with dark hair, wearing a blue patterned shirt and brown pants, is sitting on the floor playing with yellow blocks with numbers 1, 2, and 3. The background is a light pink and yellow floral pattern.

BREASTFEEDING IS STILL IMPORTANT AFTER YOUR BABY TURNS ONE.

Breastmilk continues to provide **important nutrients** for your baby for as long as they continue breastfeeding.

Babies who breastfeed into the second year and beyond are less likely to become overweight.

Breastfeeding helps your baby fight off infections and builds a **stronger immune system**.

BREASTFEEDING IS GOOD FOR MOTHERS TOO.

It reduces the risk of breast and ovarian cancers, type 2 diabetes and cardiovascular disease.

The longer you breastfeed the more these risks are reduced.



**World Health
Organization**

WHO recommends breastfeeding your baby for two years or more, and then as long as you and your baby want to keep breastfeeding.