The American Academy of Pediatrics (AAP) recommends exclusive breastfeeding for the first six months of a baby's life, followed by breastfeeding in combination with the introduction of complementary foods until at least 12 months of age, and continuation of breastfeeding for as long as mutually desired by mother and baby. According to the AAP and CDC, one of the most effective preventive measures a mother can take to protect the health of her infant is to breastfeed for at least 6 months. Breast milk contains enzymes, hormones and immunoglobulins that are important for a baby’s health. These help meet your baby’s nutritional needs and protect against disease. If you are an employee at Clemson and a nursing mother, the Sullivan Center offers private space for you to breastfeed or pump. Please contact our office to reserve a room: 864-656-3076.

Benefits of Breastfeeding include:

For The Baby:

- Protection against:
  - Ear infections
  - Diarrhea and other stomach issues
  - Allergies
  - Asthma
  - Bone loss later in life
- Breast milk is all your baby needs for the first six months of life.
• Stronger bones and teeth
• Develops higher IQs and improves brain development
• Promotes lower blood pressure and cholesterol later in life.
• Saves lives: breastfeeding helps to prevent infant death from infection disease; also reduces risk of SIDS, diabetes and obesity.
  ○ Initial breastmilk (colostrum) contains anti-bacterial and anti-viral agents that protect against disease, as well as aids the development of infant’s immune system.

For You:

• Reduces risk of:
  ○ Cancer including breast and ovarian
  ○ Postpartum depression
  ○ Low-iron
• Helps return uterus to its normal size
• Promotes weight loss (burns up to 500 calories per day!)
• Reduces healthcare costs because babies are healthier
• Saves money because it is cost-effective (no need for bottles or formula)
• Develops a special bond between you and your baby
• Breastfeeding is environmentally friendly because it does not waste resources or create pollution

Click any of the links below for more information

Women’s Health on Breastfeeding

Why Breastfeeding Is Important

Benefits of Breastfeeding from La Leche League

A Guide to Breastfeeding

SC DHEC on Breastfeeding
Breastfeeding Tips from Mayo Clinic