

## **American Academy of Pediatrics (AAP) guidelines**

***The American Academy of Pediatrics (AAP) promotes the following breastfeeding guidelines:***

- Breastfeed during the first hour after delivery.
- No supplements (such as water, glucose water or formula) should be given to breastfeeding newborns unless needed because of a medical condition.
- Newborns should be fed whenever they show signs of hunger, such as increased alertness or activity, mouthing or rooting. Crying is a late sign of hunger.
- Feed the baby only breast milk for the first six months of life so your baby receives the ideal nutrition that supports optimal growth and development.
- A trained observer should evaluate breastfeeding within 24 to 48 hours after delivery and at a follow-up visit 48 to 72 hours after mother and baby leave the hospital.
- Expressing and storing breast milk are encouraged, so the baby can receive the stored breast milk instead of formula at times the mother and baby have to be apart.
- Breastfeeding is recommended for the first 12 months of life or longer if the mother and baby want to continue.

