

Exclusivity:

One Feeding at a Time!

From birth to somewhere between four and six months, babies have an “open gut”, which means that macromolecules, like whole proteins and pathogens, can pass between the cells of the small intestine directly into the bloodstream. However, for breastfed babies, that means beneficial antibodies pass more directly into the bloodstream. In fact, antibodies (sIgA) coat a baby’s digestive tract and provide passive immunity, reducing the likelihood of illness and allergic reactions. Babies begin producing these antibodies on their own at around six months. Just one feeding of anything other than breast milk interrupts the collection of helpful microbes and adds bacteria that are not meant to be in the young infant gut.



-National Institute of Health’s National Library of Medicine

“Formula-feeding has been shown to alter the infant gut microbiome in favor of proinflammatory taxa and increase gut permeability and bacterial load.”

-American Academy of Pediatrics

“Given the documented short- and long-term medical and neurodevelopmental advantages of breastfeeding, infant nutrition should be considered a public health issue and not only a lifestyle choice.”

“The American Academy of Pediatrics reaffirms its recommendation of exclusive breastfeeding for about 6 months...”

“Hospital routines to encourage and support the initiation and sustaining of exclusive breastfeeding should be based on the American Academy of Pediatrics -endorsed WHO/UNICEF

“Ten Steps to Successful Breastfeeding”.”

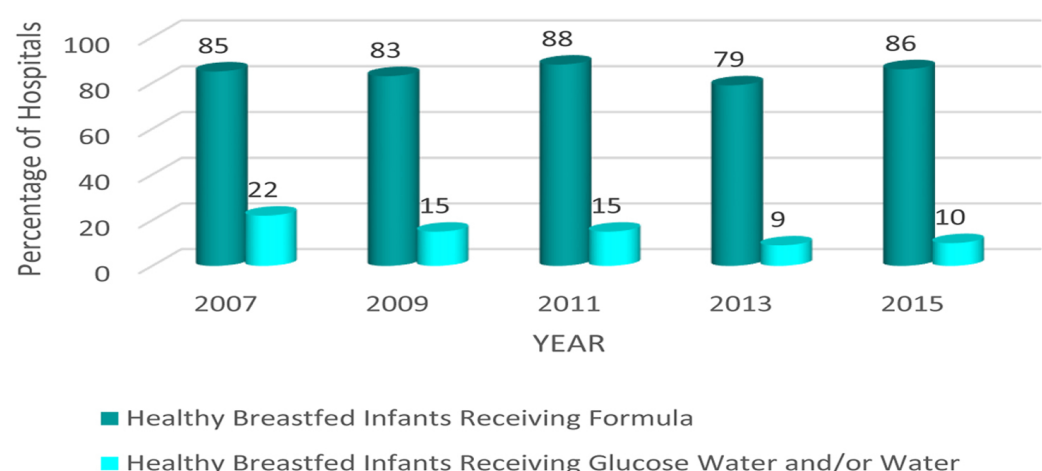


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-UNICEF

“Early and exclusive breastfeeding helps children survive, but it also supports healthy brain development, improves cognitive performance and is associated with better educational achievement at age 5.”

Michigan Hospital Supplementation of Healthy Breastfed Infants



This graph is based on data collected from mPINC and shows the relative lack of change in hospital supplementation of healthy breastfed infants.

-Centers for Disease Control and Prevention

“Hospital practices in the first hours and days after birth make the difference in whether and how long babies are breastfed.”

-World Health Organization

“Exclusive breastfeeding for 6 months is the optimal way of feeding infants.”

-American Academy of Family Physicians

“...recommends that all babies, with rare exceptions, be breastfed and /or receive expressed human milk exclusively for the first six months of life.”

-The Joint Commission

“Exclusive breast milk feeding is: “a newborn receiving only breast milk and no other liquids or solids except for drops or syrups consisting of vitamins, minerals, or medicines.”