

# making milk<sup>©</sup>



**BREASTFEEDING MATTERS**  
SASKATOON

a resource for parents, (formerly titled 'Mother's Milk, Babies Choice'), created by Saskatchewan parents and health care professionals with special thanks to the breastfeeding peer supporters at the *Saskatoon Mothers' Centre*



## THE JOURNEY CONTINUES...

### Months 6 - 24

'*Making Milk*' is a series of pamphlets available in printable digital format via QR access below or can be found on the Saskatoon Breastfeeding Matters website. With valuable input from professionals and parents like you, the series includes basic current information about breastfeeding and providing human milk for your new baby from the first days to first steps and beyond.

*'Phase Four: Months 6 - 24' spotlights transition to solids, managing breastfeeding in times of separation, or illness and wellness & lifestyle*  
*See links throughout for more information!*

The terms breastfeeding and mother may be used. However, we acknowledge that individuals may prefer the term chestfeeding parent rather than breastfeeding mother. We also understand that birthing parents can include cisgendered women, transgendered men and a non-binary persons. Caregivers will want to use affirming language when providing care. Please let your caregiver know how you would like to be addressed.

If you or your baby are experiencing unique circumstances or challenges, additional support and information may be needed. Talk to your health care provider or a Lactation Consultant.

*Congratulations!*

*Continue to breastfeed daily while your baby is slowly introduced to solid foods.  
'Food is for fun... under one'*

**Scan here for digital access to this and the all phases from birth to two years and beyond**



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