



EXTENDED BREASTFEEDING:

10 THINGS TO KNOW ABOUT NURSING BEYOND A YEAR

FROM KINDRED BRAVELY



ONE

You're not alone.



TWO

Breast milk is constantly changing to meet your child's needs.



THREE

Extended breastfeeding positively impacts development.



FOUR

Life transitions can affect feeding routines.



FIVE

You don't need to stick to a nursing schedule.



SIX

Toddler breastfeeding sessions can be brief.



SEVEN

Breastfeeding continues to be a source of comfort.



EIGHT

Toddlers can be adamant about nursing.



NINE

Toddlers like to get creative with feeding positions.



TEN

Extended breastfeeding can be an opportunity for tandem feeding.



Learn More at

[KINDREDBRAVELY.COM](https://www.kindredbravelly.com)