

Continuing to  
breastfeed for  
the first year can  
be a smart idea.



kids who take the full-year  
breastfeeding program  
graduate smart

# "why I'm continuing to breastfeed through my baby's FIRST YEAR"



Angie, with daughter Lucia, age 10 months

"At one year, when I phase out the breastfeeding completely, I know I'll miss the quiet times we had."

"I know it's the best thing for Lucia. And now that I've made up my mind, I won't change it.

In a race, I like to keep my eye on the finish line. Some people stop when they get tired. Some walk. I keep running. I may slow down, but I won't give up. I will finish what I set out to do. Stopping before a year is not an option for me.

Sure, sometimes it's easier not to breastfeed. But the best thing isn't always the easiest thing. And I can see that this year is going to fly by all too quickly. Already, Lucia is eating solid food, breastfeeding less often, and taking less time to do it.

At one year, when I phase out the breastfeeding completely, I know I'll miss the quiet times we had. But I'll be proud that I went the distance, and grateful that I took full advantage of an incredible opportunity to build a mother-daughter bond that will last two lifetimes."