



UNITED STATES BREASTFEEDING COMMITTEE

STATEMENT ON EXCLUSIVE BREASTFEEDING

The United States Breastfeeding Committee recommends exclusive breastfeeding for the first six months of life for healthy full-term infants. This recommendation is supported by the American Academy of Pediatrics, the American College of Obstetricians and Gynecologists, the American Academy of Family Physicians, the American Public Health Association, the Institute of Medicine, the U.S. Department of Health & Human Services, and the World Health Organization.¹ Initiation of exclusive breastfeeding is enhanced by implementation of immediate postpartum skin-to-skin contact and baby-led feeding. Breastfeeding should continue as long as mutually desired.

The USBC is an organization of organizations. Opinions expressed by the USBC are not necessarily the position of all member organizations and opinions expressed by USBC representatives are not necessarily the position of the USBC.

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¹ American Academy of Pediatrics Section on Breastfeeding. Breastfeeding and the use of human milk (policy statement). *Pediatrics*; originally published online February 27, 2012; DOI: 10.1542/peds.2011-3552.

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