

## Why Delay Solids? Five-Second Fact Cards

<p><b>Delaying solids...</b></p> <p><b>gives baby greater protection from illness.</b></p> <p>Although babies continue to receive many immunities from breastmilk for as long as they nurse, the <i>greatest</i> immunity occurs while a baby is <i>exclusively breastfed</i>. Studies have shown that delaying solids results in fewer ear infections and respiratory illness.</p>	<p><b>Delaying solids...</b></p> <p><b>gives baby's digestive system time to mature.</b></p> <p>If solids are started before a baby's system is ready to handle them, they are poorly digested and may cause unpleasant reactions (digestive upset, etc.). Studies have shown that many digestive enzymes (for fat, starches, carbohydrates) do not reach adult levels before 6-9 months.</p>	<p><b>Delaying solids...</b></p> <p><b>decreases the risk of allergies.</b></p> <p>Exclusive breastfeeding gives baby the greatest protection from foreign proteins that may produce allergic reactions. Studies have shown that for allergic families, delaying solids results in less asthma, dermatitis, food allergy and allergic rhinitis.</p>
<p><b>Delaying solids...</b></p> <p><b>helps to protect baby from iron-deficiency anemia.</b></p> <p>The introduction of other foods or iron supplements during the first six months reduces the efficiency of baby's iron absorption. Studies have shown that healthy, full-term infants who are breastfed exclusively for periods of 6-9 months maintain normal hemoglobin values and normal iron stores.</p>	<p><b>Delaying solids...</b></p> <p><b>helps to protect baby from future obesity.</b></p> <p>Studies indicate that the early introduction of solids is associated with increased body fat and weight in childhood.</p>	<p><b>Delaying solids...</b></p> <p><b>helps mom to maintain her milk supply.</b></p> <p>Studies have shown that prior to 6 months solids <i>replace</i> milk in a baby's diet - they do not add to baby's total intake. The more solids that baby eats, the less milk he takes from mom, and less milk taken from mom means less milk production. Babies who start solids early are at risk for premature weaning.</p>
<p><b>Delaying solids...</b></p> <p><b>helps to space babies.</b></p> <p>Breastfeeding is most effective in preventing pregnancy when your baby is exclusively breastfed and all of his nutritional and sucking needs are satisfied at the breast.</p>	<p><b>Delaying solids...</b></p> <p><b>makes starting solids easier.</b></p> <p>Babies who start solids later can feed themselves and are not as likely to have allergic reactions to foods.</p>	<p><b>Visit</b></p> <p><b>kellymom.com</b></p> <p><b>for additional information &amp; references</b></p>