

Before you give your baby formula, a bottle, or a pacifier...

Check This Out!!!



Formula can make breastfeeding harder:

- When baby suckles and removes milk, your body knows it needs to make more milk.
- If your baby is full from formula and misses a breastfeed, your body will not know to make more milk.
- It increases the chance that your breasts will become painfully full.

Other Concerns:

- Formula is harder for your baby to digest and may cause upset tummy.
- Formula increases the risk of your baby having colic, allergies, or asthma.
- Formula does not provide your baby with immunity to disease, so your baby is more likely to get sick.
- Babies who do not breastfeed enough are at risk for jaundice and poor weight gain.

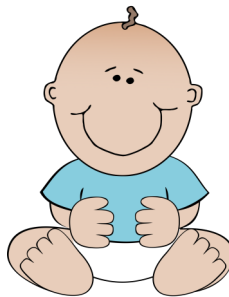
Ways to Soothe Your Baby...

It is not unusual for newborns to cry 1 to 3 hours every day for the first few months.

- Resting skin-to-skin with mom or dad.
- Allow baby to suck on your clean finger.
- Talk, sing, or “shush” to calm your baby.
- Play soft music or provide white noise.
- Gentle massage may help.

Be sure to check:

- Is your baby hungry or need to be burped?
- Is your baby’s diaper wet or dirty?



Giving your baby a bottle can cause breastfeeding problems because:

- Your baby may have a harder time breastfeeding. Bottles have long nipples that flow very fast and some babies will refuse to nurse once they have become used to a bottle.

The American Academy of Pediatrics recommends avoiding pacifiers for the first 4 weeks of life- until breastfeeding is well established

Giving your baby a pacifier can make breastfeeding harder because:

- Babies suck when they are hungry. Giving your baby a pacifier means that he may not breastfeed enough. Any time your baby wants to suck, it is better to breastfeed than to give your baby a pacifier.
- Babies bite down on pacifiers and may start biting at mom’s breast making breastfeeding painful.

Risks of Pacifiers for Breastfeeding Babies

- Pacifiers may mask feeding cues and signs of hunger
- Pacifiers may reduce the number of feedings at the breast, which may decrease mother’s milk supply
- Babies position their mouths and tongues differently on the breast than on the pacifier, which may lead to breastfeeding problems, painful latches, and damage to mother’s nipple.