

You CAN Breastfeed!

Relax, have confidence, and follow these steps!

Know that baby is getting enough

- Colostrum is the first milk that comes in small amounts and baby doesn't need much.
- Your milk comes in after a few days and will last until you stop breastfeeding.
- Baby should get back to birth weight by 2 weeks of age.
- Baby should gain 4 to 8 ounces a week in the early months.
- With colostrum, baby should have 1 to 2 wet diapers and 1 black, sticky diaper.
- With milk, baby should have at least 6 to 8 wet and 1 to 3 yellow seedy diapers per day.
- Continue nursing until baby is full and:
 - Falls asleep
 - Falls off the breast
 - Relaxes fists to open hands



Nurse often to make more milk

- Baby should breastfeed at least 8 times a day.
- Breastfeed on demand and don't put baby on a schedule; baby will let you know when he/she is hungry.
- Breastfeed at early signs of hunger:
 - Rooting for nipple
 - Starting to stir from sleep
 - Sucking on clenched fists

Crying is a late sign of hunger and makes it more difficult to latch!

Longer and more frequent nursing sessions will increase milk supply.

Get comfortable; pain is bad.

- Pain while breastfeeding is not normal. If you feel sharp pain, get assistance from a professional.
- Proper latch ensures your baby is getting as much milk as possible and helps your body make more.



Avoid artificial nipples and formula.

- Giving baby formula or bottles can decrease your milk supply.
- Avoid artificial nipples such as pacifiers and bottles for the first 4 weeks.

Get help before you offer formula; many common issues have simple solutions!