

MORE INFORMATION TO HELP YOU

REST

- When baby sleeps rest or sleep. If you are very tired, take the baby in the bed with you while you feed him. Be careful not to fall asleep while you have the baby in bed with you.

LIQUIDS

- You will be more thirsty when you breastfeed. Drink more water, juice, and milk daily. Limit caffeine drinks such as coffee, tea, and sodas that contain caffeine.

VITAMIN AND MINERAL SUPPLEMENTS

- Finish the prenatal vitamins-minerals pills you were given when you were pregnant.

MEDICINES

- Many medicines can be taken while you are breastfeeding. Check with your doctor first before taking any medication.

DRUGS, ALCOHOL, AND TOBACCO

- Drugs, smoking, and alcohol will harm your baby.

FOOD

- You do not need to avoid certain foods while breastfeeding. Eat the same good foods that you ate while you were pregnant.

CAESAREAN SECTION

- If you have had a Caesarean section, you can still breastfeed. Ask a nurse to help you get started.

BIRTH CONTROL

- Breastfeeding is not a method of birth control. Remember to keep your Family Planning appointment.

Enjoy Your Baby!

- Feed the baby whenever he is hungry. Pick up your baby and hold your baby often. Enjoy your time with your baby.

Questions?

- Call your health center and ask to speak with a nutritionist, nurse, or health educator or call your local WIC office, or La Leche League, 1-800-LA LECHE.

Pamphlet prepared in cooperation with Public Health Foundation WIC Program and County of Los Angeles, Nutrition Program.

YOU CAN BREASTFEED YOUR BABY



COUNTY OF LOS ANGELES DEPARTMENT OF HEALTH SERVICES
PUBLIC HEALTH PROGRAMS AND SERVICES
NUTRITION PROGRAM

BREASTFEEDING IS THE NATURAL WAY TO FEED YOUR BABY

Why Breast Milk Is Better For Your Baby

- ◆ Easily digested . . . always available.
- ◆ Protects baby from infections.
- ◆ Baby has less vomiting, fewer allergies, less diarrhea

Why Breastfeeding Is Better For You

- ◆ Helps your uterus return to normal size.
- ◆ Saves you money and time.
- ◆ Gives you time to relax and enjoy being with your baby.

How to Start

Your first milk is yellowish and thick. It protects and nourishes your baby until your other milk comes at 2-3 days after birth.

Breastfeed your baby often . . . at least every two hours both day and night in the first several weeks. Use both breasts at each feeding.

Feed long enough to satisfy your baby . . . the more your baby sucks, the more milk you will have.

Bottles and pacifiers reduce the amount of milk you produce.

Babies do not need other food until 4-6 months of age.

You will know if your baby is getting enough to eat if:

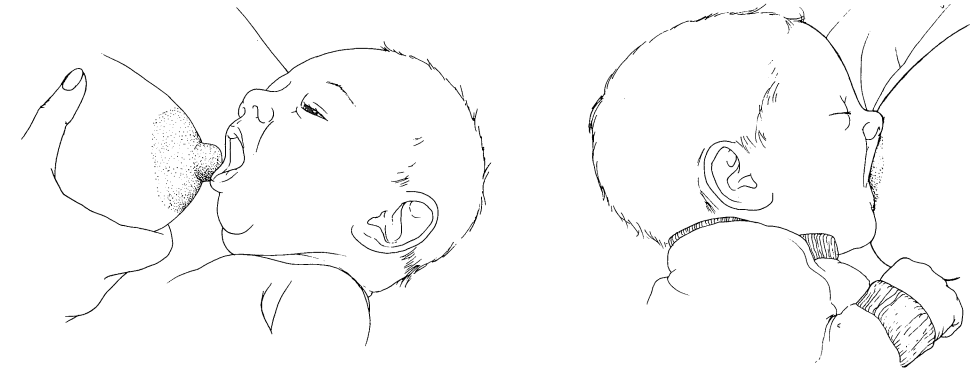
She has at least 5 very wet diapers a day.

At least 2 bowel movements every day and your breast softens after feeding.

GETTING READY TO FEED YOUR BABY



Hold your baby at the level of your breast, lying on his side facing your breast, tummy to tummy. Support your baby's head, neck, and back with your elbow and lower arm. Hold your baby's bottom with your hand.



Hold your breast with your other hand (thumb on top, fingers below). Tickle your baby's lower lip with your nipple and wait until your baby opens his mouth very wide (like a yawn).

Bring your baby in close. Her chin and the tip of her nose should touch your breast. Her mouth covers part of the dark skin around your nipple.

When your baby's swallowing slows down, offer him your other breast. To take your baby from your breast, place your little finger in the corner of your baby's mouth. This will release the suction.