

## Breastfeeding Your Baby

### **Breastmilk is the perfect food for your baby.**

- Breastmilk helps fight infections and illness.
- Breastmilk is easy for your baby to digest.
- Breastmilk is less likely to cause food allergy or sensitivity.
- Breastmilk is always warm and ready, anytime and anywhere.

**Allow your baby to nurse as often as he wants.** The more your baby breastfeeds and removes milk from the breast, the more breastmilk you will make.

- Newborns need to breastfeed often, 8 to 12 or more times in 24 hours (day and night).
- All newborn babies eat often and feed during the night.
- Some babies may feed in “clusters.” That is, they need to breastfeed several times in a 2 to 3 hour period and then sleep for several hours.
- Older babies may nurse 8 to 10 times in 24 hours (day and night).

### **Breastfeeding should be comfortable.**

- Bring the baby to your breast, not your breast to the baby.
- Support the baby’s body with a pillow if this is easier for you.
- Turn your baby’s face, tummy and knees toward you. Bring baby’s chest close to your chest. Your nipple should be right at baby’s mouth.
- Baby’s mouth should open wide (like a big yawn.) To help, open your mouth wide so baby will imitate you, or touch his lower lip with your nipple.
- When baby’s mouth is wide open bring him to the breast, chin first.
- Most of the dark part around the nipple should be in the baby’s mouth.
- Breastfeeding should not be painful.
- Let your baby finish feeding on the first breast; then offer the second.





## Your baby is getting enough breastmilk if:

- He is gaining weight steadily.
- He has 2 to 5 or more soft, yellow stools in 24 hours. (It is normal if stools are creamy, seedy or watery in texture.) Older babies stool less often.
- He has about 6 or more wet diapers in 24 hours after 1 week old.
- You can hear him swallow while nursing.
- Your baby has regained up to his birth weight by 7-14 days.

**Call a breastfeeding specialist or your doctor if any of these statements are not true for your baby.**

## Growth spurts

Suddenly your baby is eating all the time! This is called a growth spurt. By breastfeeding more often, your baby builds up your milk supply to meet his needs. Growth spurts can happen any time but usually occur at these ages:

7-10 days	3 months
2-3 weeks	6 months
6 weeks	

Your body will adjust to your baby's needs by making more milk when you breastfeed more often.

**Wait to give a bottle of breastmilk until your baby is at least 4 weeks old.** This allows time for you to establish your milk supply and for you and your baby to learn breastfeeding well.

**Wait to give foods like cereal until your baby is around 5 to 6 months old.** Solid foods will not help your baby sleep through the night.