



Our mothers and grandmothers are right when they tell us that breast milk is the best food for the baby.

Breast Milk:

- has all the nutrients your baby needs for proper growth and development
- may reduce the risk of ear infections and colds
- may reduce the risk of obesity, diabetes, and other diseases
- is easier for your baby to digest
- is always the right temperature, never too hot and never too cold

Did you know that breastfeeding is healthier for you, too?

Breastfeeding:

- helps shrink your uterus to pre-pregnancy size
- helps prevent excessive bleeding
- may help you lose weight faster
- helps you bond with your baby
- releases hormones to help you relax



How will I know my baby is getting enough?

You can be assured that the baby is getting plenty of milk in a number of ways, including counting the number of wet diapers and poops. The color, texture, and frequency of your breastfed baby's poops will change as your baby grows. The chart below offers a guide for the frequency and color of your baby's daily poops and wet diapers.

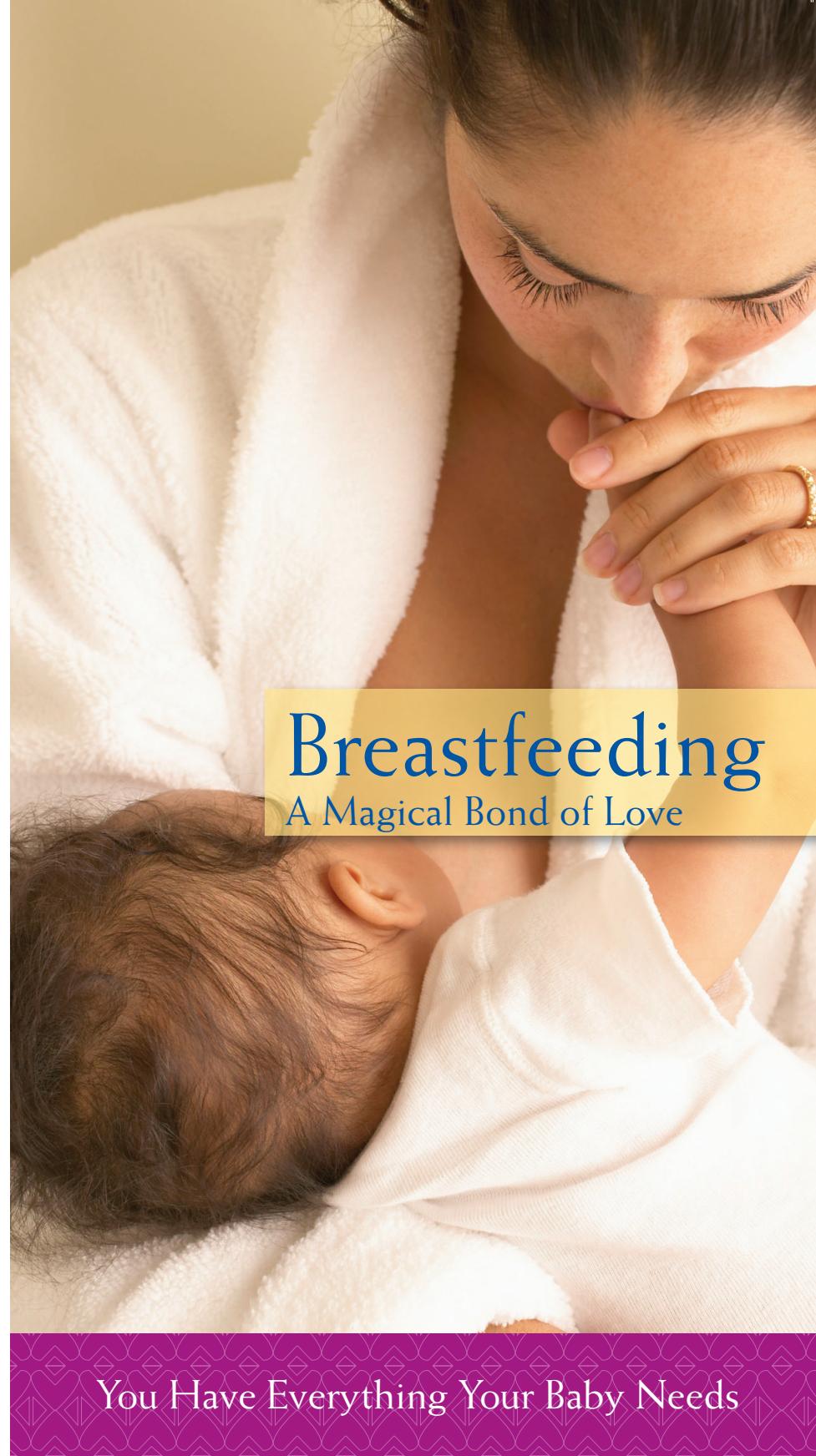
The boxes show the smallest number of diapers for most babies. It is okay if your baby has more diapers than what is shown.

Your baby may have more than 6 poops a day after the first week. Do not worry if your baby loses a little weight in the first few days. After about 5 days, the baby should gain 4–8 ounces or more per week with breast milk. After 6 weeks, there may be fewer dirty diapers.

Baby's Age	Wet	Poops
DAY 1 (birthday)	■ ■	■
DAY 2	■ ■ ■	■ ■
DAY 3	■ ■ ■ ■	■ ■ ■
DAY 4	■ ■ ■ ■ ■	■ ■ ■ ■
DAY 5	■ ■ ■ ■ ■ ■	■ ■ ■ ■
DAY 6	■ ■ ■ ■ ■ ■	■ ■ ■ ■
DAY 7	■ ■ ■ ■ ■ ■	■ ■ ■ ■



Contact your local WIC office for more information.
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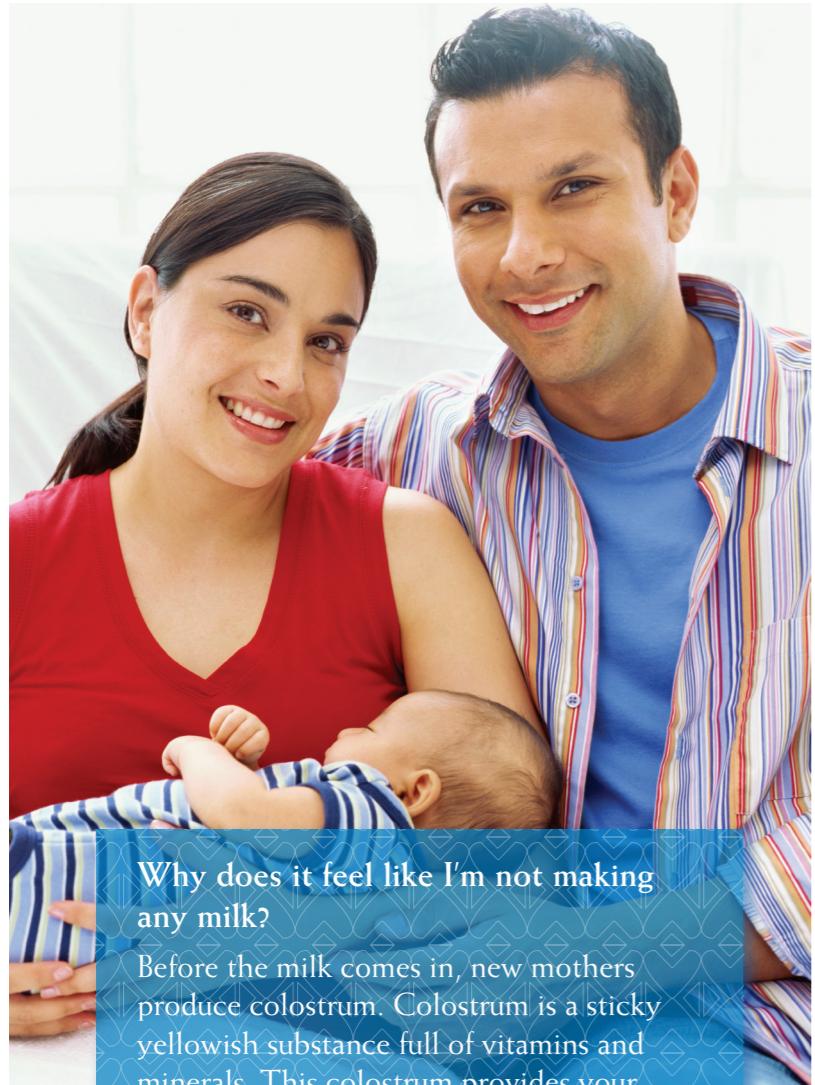


Breastfeeding

A Magical Bond of Love

You Have Everything Your Baby Needs

Learning how to breastfeed takes time and patience. Here are some frequent questions new mothers have about breastfeeding.



Why does it feel like I'm not making any milk?

Before the milk comes in, new mothers produce colostrum. Colostrum is a sticky yellowish substance full of vitamins and minerals. This colostrum provides your baby with important immunities and nourishment. Though it may not seem like a lot, it is enough to fill your baby's stomach in the first days. Your milk supply will come in within a few days.

How can the doctors and nurses at the hospital help me breastfeed?

Let your doctor or nurse know that you want *only* to breastfeed your baby. Ask for their help in getting started with breastfeeding.

You have everything you need to make enough milk to feed your baby. You do not need to give your baby any additional fluids. You will have better success getting your milk supply established if you give your baby only breast milk.

How often should I breastfeed my baby?

Newborn babies breastfeed frequently, about every 1½ to 3 hours around the clock. Feed your baby when he or she shows signs of hunger:

- squirming or restless movements while asleep
- sucking on hands or fingers
- smacking lips or opening mouth when lips are touched
- rooting or searching for mother's nipple

The more milk your baby sucks out, the more milk you will produce! This is called *supply and demand*, and it is very important to the success of breastfeeding.

Can I feed my baby both breast milk and formula?

Feeding your baby both breast milk and formula in the first month can decrease your ability to make enough milk. Giving the baby both breast and formula will reduce your milk supply! If your baby gets full with formula and does not breastfeed, your breasts will make less milk.



Does crying mean my baby is hungry?

Babies cry for many reasons and you will learn how to tell when your baby is hungry. In truth, your newborn baby's stomach is no bigger than a toy marble! Your colostrum is enough to fill a tiny stomach. By the third day, your baby's stomach grows to the size of a walnut, and by day 7 it is the size of a ping-pong ball.



Why do my breasts hurt when the baby starts to suck?

You may feel pain if your baby is not positioned properly or not latching on correctly to breastfeed. Talk to a WIC breastfeeding counselor to help position your baby properly.

Mothers, grandmothers, sisters, other relatives, and friends who have breastfed can be good sources of information too!

How do I prepare to go back to work if I am breastfeeding?

If you are returning to work soon after your baby is born, it is best to make a plan about how to work and breastfeed. Find a day care center or babysitter near your job and talk to them about your plans to breastfeed. You can use a breast pump to collect and store milk for your baby to have while you are at work. WIC can help you learn about pumping and storing breast milk. You should start to pump a week before you return to work to ensure you have a good supply.

Breastfeeding creates a magical bond of love between mothers, babies, and families that lasts a lifetime! You have everything your baby needs!