



# **Breastfeeding Baby's Best Start**

## Share Your Love

Now begins a special time for you. You have a new Baby. It's a time to be together. A time to share.

This booklet will show you how to start breastfeeding. It will also show you how breastfeeding can help bring you and Baby close.

Breastfeeding gives your Baby the **Best Start** in life.



## Breastfeeding is Best!

Your milk is the best start you can give Baby, because:

- 1) Breastmilk has everything Baby needs to grow up strong and healthy.
- 2) Breastmilk helps keep Baby from getting sick.
- 3) Breastmilk tastes good!

Breastfeeding your baby is good for you, too. It helps tighten up your uterus and get you back in shape.

As Baby grows, you will save time and money. You don't have to buy anything, mix anything or heat up anything. Your milk is always fresh and ready to use.

Breastfeeding is the easiest way to calm your baby and it can be a very relaxing, quiet time for you, also.





## **Breastfeeding is Special!**

Mother's milk is special for Baby. It doesn't matter if your breasts are large or small. Your body makes plenty of milk for Baby.

The more Baby nurses, the more milk your body makes. And it makes the right kind and amount of milk at the **right time** for your baby. Your milk changes as the baby grows. It changes to meet the baby's needs.

The first milk from your breast is called **colostrum**.

### **Colostrum:**

- 1) Is very good for Baby.
- 2) Helps protect Baby from sickness.
- 3) Looks yellow and thick or may look clear and watery.
- 4) Changes color in a few days.

Each time you breastfeed your baby you will have two types of milk. During the first few minutes your milk may look bluish and thin like water. Then, later it may get thick and creamy.

Breast milk is all your baby needs for four to six months!

## **When to Feed Baby**

A new baby will need to eat often, about every two to three hours during both day and night (8 or more times in 24 hours). The infant is the best judge of how often and how long Baby should nurse. Feeding often is also important for you. It helps give you a good milk supply.

Sometimes Baby will need to eat more often than every two hours. This is normal and should be allowed. This may happen during growth spurts which most often occur during the first few months of life. It is also all right for you to nurse your baby if your breasts are becoming too full.

From the first day, try to have Baby nurse on each breast at each feeding. This gives Baby colostrum and helps get your milk started. Remember, the more you nurse, the more milk you will have.



**A**

### **Put Baby to Your Breast**

- 1) Hold Baby close with mouth in front of your nipple.
- 2) Put your hand behind the brown area and lift up your breast.
- 3) Touch Baby's lips with your nipple and squeeze out a little milk. (See A)
- 4) When Baby opens mouth wide, pull Baby close so that Baby can get as much of the brown part of the breast as possible inside mouth. (See B)
- 5) Hold Baby close while nursing. (See C)
- 6) If nipple is sore, when Baby begins to nurse—relax. Take several deep breaths or use relaxation techniques to encourage the “let down” of the milk.
- 7) Burp Baby before changing to your other breast. And next time, start Baby feeding on this second breast.



**B**

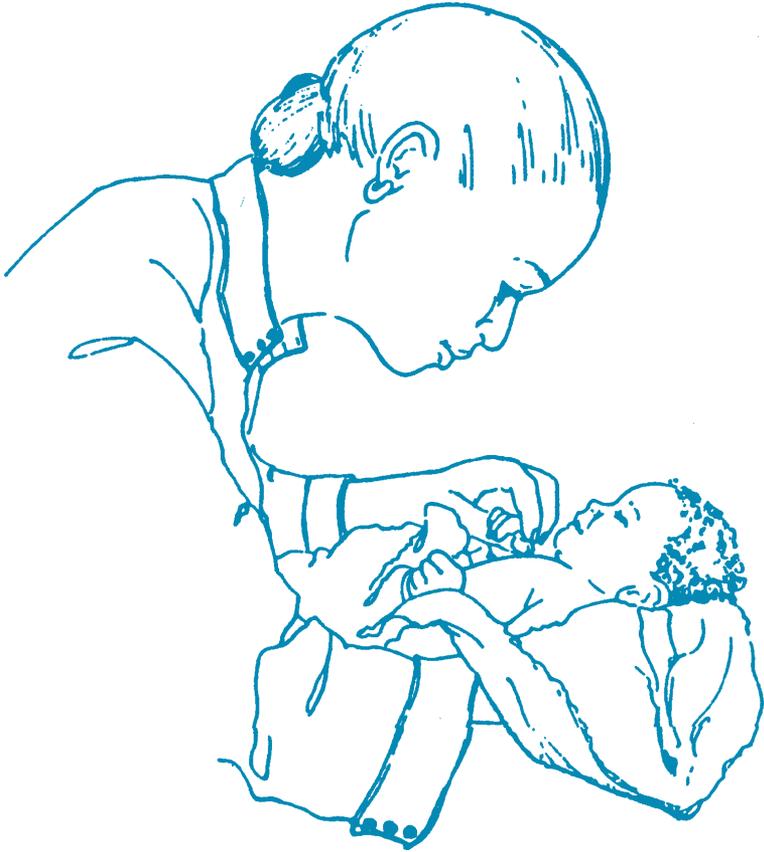


C



### **To Take Baby Away From Your Breast**

Gently break the suction by placing a clean finger in the corner of Baby's mouth between the gums.



## Is Baby Getting Enough to Eat?

Your body makes as much milk as Baby needs. You can ask yourself these questions to tell if Baby is getting enough to eat.

- 1) Does Baby have 6, 7, or 8 **wet diapers** each day?
- 2) Does Baby **sleep** some between feedings?
- 3) Is Baby gaining **weight**?

If you answer “No” to **any** of these questions, try feeding more times each day and let Baby feed longer. Also, be sure you drink plenty of fluids, get plenty of rest, and nurse often.

## What About Baby's Dirty Diapers?

The breastfed baby's dirty diapers may be:

- 1) Bright yellow to dark brown in color.
- 2) Very soft and a little lumpy.
- 3) Without a strong smell.
- 4) As many as 10 in one day.
- 5) None at all for 3 or 4 days.

All are normal. It just depends on your baby.



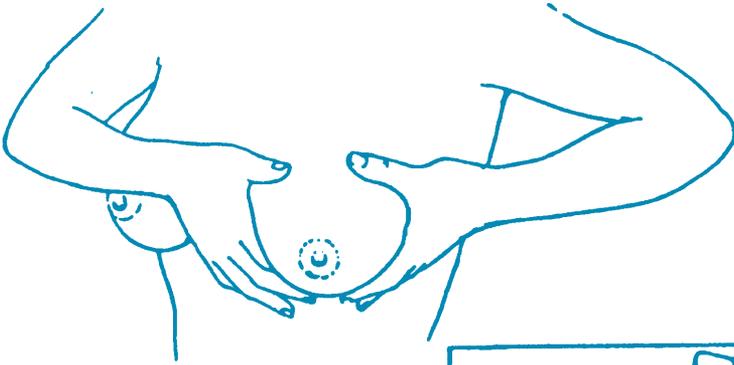
## **Wash Up! It's Important!**

- 1) Always pick up your baby with clean hands. Be sure to wash your hands with soap and water after you change Baby's diaper or go to the bathroom.
- 2) Do **not** use soap on your nipples...just plain water.
- 3) Pat your breasts dry with a clean cloth.

## **Take Care of Your Breasts**

If your nipples get sore, try this:

- 1) When you nurse, try to hold Baby closer and allow Baby to hold more of the brown area inside the mouth (especially the bottom side near Baby's tongue).
- 2) Hold Baby differently when you nurse. Put Baby's feet under your arm like a football or lie down beside Baby in bed. Changing positions keeps you from getting too sore in one place.
- 3) Feed Baby for a shorter time than usual (but a little more often if Baby seems hungry).
- 4) Wrap an ice cube in a cloth, wet it, and put it on the sore nipple before you breastfeed. Leave it on for 10 to 30 seconds.
- 5) Splash clear water over the nipple after breastfeeding. Pat dry with a clean cloth or paper towel. Do not use soap or alcohol.
- 6) Give your nipples some fresh air for about 15 minutes after nursing.



If your breasts are hard and swollen, try this:

- 1) Feed your baby more times to keep breasts soft and empty.
- 2) Soak a cloth in warm water and put it on your breasts before feeding. Or take a warm shower.
- 3) Express some milk out to make your breasts a little softer so Baby can get a good hold. Some women use a breast pump to drain the excess milk.
- 4) Feed your baby in more than one way. Try sitting up and lying down.
- 5) Gently massage your breast from under the arm and down to the nipple. This will help reduce soreness you may feel in your breasts.
- 6) Keep breastfeeding.

When your breasts are swollen, you may not feel well. You should feel better in one or two days. Drink lots of liquids and get plenty of rest. If you have fever, call your clinic or doctor. **DO NOT STOP BREASTFEEDING.** Remember swollen breasts usually last only a very short time.



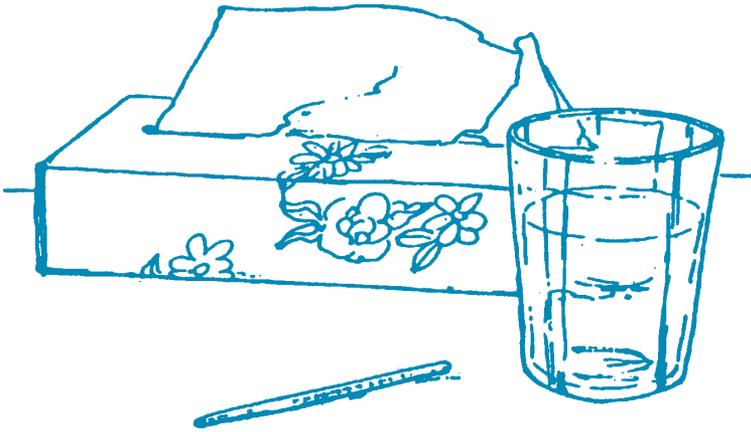
## **What If Baby Cries?**

Crying is Baby's way of saying "I need something!" It may be:

- 1) A clean diaper.
- 2) A burp.
- 3) Some rocking and loving.
- 4) A nap.
- 5) More or less cover to be comfortable.

If you have just breastfed, try giving Baby these things first. If nothing helps, your baby may still be hungry. So try breastfeeding more often until your body makes more milk.

Remember, the breast not only provides nourishment, but satisfies Baby's need to suckle—breastfeeding is the quickest and easiest way to calm a fussy baby.



## Breastfeeding When You're Ill

You can keep breastfeeding even with most illnesses, like coughs, colds, fever, or common diarrhea. Your milk is good and it still protects your baby from many illnesses. If you have questions about breastfeeding when sick, call your clinic or doctor, especially if you want to take any medications.

## Nutrition

As a breastfeeding mother you do not need to count servings the way you may have when you were pregnant. Your body will change naturally to make you hungrier and thirstier. If you eat enough to feel full and drink enough so you are not thirsty, your milk will have everything your baby needs to grow and be healthy.

You will feel your best if you eat a balanced diet whether you are breastfeeding or not. Fruits and vegetables, cereals and grains, dairy products, and protein foods like dried beans, peanut butter, and meats, are needed for good health. **If there are days when you do not eat right, you will still make healthy milk.** Junk food and fast food will not ruin your milk.

Caffeine will be in your breast milk if you drink a lot of fluids with caffeine, like coffee, tea, or soft drinks. Caffeine causes some babies to be very active and have trouble sleeping. If your baby is fussy a lot, cut back on drinks with caffeine.



### **Seeking Support**

If you have any problems breastfeeding, do not hesitate to call your health department or another support person with breastfeeding experience.

### **Returning to Work**

You can continue to breastfeed after going back to work outside the home. Ask the nutritionist or nurse about expressing your milk.

### **Family Planning**

Even though you are breastfeeding, **you can still get pregnant!** If you do not want to get pregnant, be sure to guard against it. Your family planning clinic or doctor can help you choose a safe, effective method of birth control.



### **Breastfeeding. The Gift of Love.**

Your breast milk is the natural food for Baby. So **any breastfeeding** at all is good. But try to breastfeed for **at least** four months. Six months is even better!

Remember, it's worth it! Because your milk gives Baby the **very best start in life and provides a closeness for you and your baby that no other experience can replace. And only you can give it!**

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For more information about breastfeeding support call 1-800-DIAL WIC.



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