

Try to hand express or pump your milk every 2-3 hours while away from your baby. If you are at work or school, ask about storing your breast milk in the refrigerator until you leave. An added bonus is how happy your baby will be to see you!

**5. Seek loving support from those around you.**

Is breastfeeding on a busy schedule worth it? Just ask the women like you who have made it work. They will tell you not only of the health benefits (fewer upset tummies, allergies, illnesses) but also how close they have felt to their babies, even though they could not always be there. And if they were lucky, they will also tell you about the loving support they received from family and friends. See how breastfeeding can work around your schedule. You will be proud. ♥



*Loving* ♥ *support*  
makes breastfeeding work  
For information, call WIC

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*busy moms*



Breastfeeding  
works  
around  
my  
schedule.

*Loving* ♥ *support*  
makes breastfeeding work

# Yes, busy moms can keep breastfeeding. Here's how.

Like many new mothers today, you may have demands outside your home. But you can still breastfeed. And



enjoy all the benefits of breastfeeding. Like the closeness and relaxing moments you share with your baby. The good nutrition. The fewer illnesses and

allergies. The special feelings breastfeeding gives those around you. With a little extra effort, you can make breastfeeding work around your schedule.

**1** Don't miss out. Try breastfeeding even if you're not sure you can keep it up.

The first thing you have to do is try breastfeeding. Even if you know you have only a couple weeks to be at home with your baby. Many women with busy schedules do not even try breastfeeding. Or they give it up after a few days, just before it begins to feel easy, natural and truly special. These early days and weeks are so important in your baby's life. Here's how to give breastfeeding a fair chance:

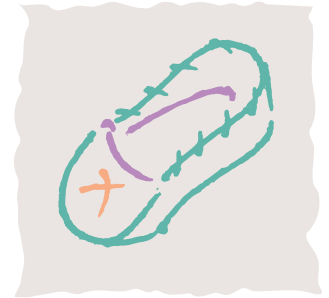
**2** Breastfeed 2-4 weeks before giving any bottles.

While bottles and pacifiers may be fine later on, try not to use them in the beginning. They can confuse your baby, making it harder to get your baby to breastfeed. During the early weeks, breastfeed 8-12 times every 24 hours to build your milk supply. You can

tell if your baby is getting enough if she has 6-8 wet diapers a day, 2 mushy bowel movements, is not fussy right after breastfeeding and is gaining weight. Do not worry that breastfeeding will make your baby spoiled. Breastfeeding only makes your baby feel safe and loved.

**3** Learn how to "express" your milk. It's easier than you think.

You can feed your baby breast milk even when you are away. Just ask your health care provider or a breastfeeding counselor for help with hand expressing your milk or using a breast pump. She can also show you how to store breast milk and how to keep up your milk supply.



**4** Let your sitter give the bottle, not you.

Your baby is used to breastfeeding when she is with you. She may take a bottle or cup better from someone else--dad, a sitter, a grandparent. Make sure to breastfeed right before you leave the baby, and as soon as possible after you return.

