

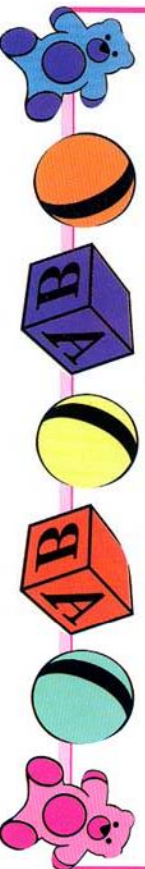
THINGS TO KNOW

- Put your baby to your breast as soon as you can after birth, even though you may not see any milk coming from your breast and it feels empty.
- It takes about 2-6 days after birth before milk comes from your breast in large amounts.
- Your baby will not starve during the first days because it is getting colostrum, a yellowish, thicker milk which keeps your baby from getting infections. There is also enough food and water stored in your baby's body to last until your milk comes from your breast in large amounts. Your milk will become whiter and thinner gradually over 2 weeks.
- The first feeds will help to bring your milk down. This is also time for your baby to learn how to suck on your breast. You should not expect a lot of milk to come from your breasts during this time.
- You may have some swelling of your breasts from the third to seventh day after birth when your milk comes out in large amounts. Frequent breastfeeds will ease this.
- Let your baby suck for as long as he or she wants, but no less than 10-15 minutes on each breast. Burp your baby after feeding on one breast, then put baby on the other breast. Your baby should suck from both breasts at every feeding.
- Nurse your baby at least every 2 hours or on demand. Baby needs to nurse at least 10 or more times a day in the first few months to build and keep up your milk supply. Breastmilk alone is enough for baby in the first 4-6 months.

**WIC wants your baby
to have the BEST start...
Breastfeed**

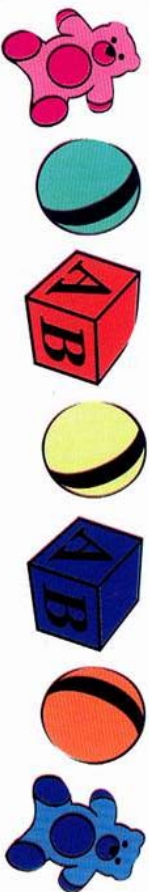


WIC Program, V.I. Dept. of Health, r. 4/93; 5/04.



BREASTFEEDING TIPS





LATCHING ON BABY TO YOUR BREAST

1 Before nursing your baby, wash your hands with soap and dry them. Sit in an armchair or corner of a couch. This will support your back and arm.

Put your baby's head in the bend of your arm. Turn your baby on the side so that baby's tummy touches yours and his/her mouth is in front of your breast. Wrap your baby's lower arm around your waist. Support your baby with your arm and hold the baby's buttocks or upper leg with your hand.

2

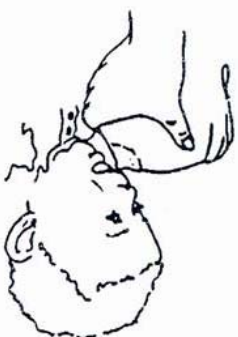


3 With your other hand, hold your breast with the thumb on top and your fingers under your breast in the C-



C-Hold

Hold. Do not put your fingers on the dark area around your nipple. This can slow down your milk flow.



4 Tickle your baby's lip lightly with your nipple. This will make baby's mouth open wide. When baby's mouth is open wide, pull baby quickly towards your breast.

5

Most of the dark part around your nipple should be in your

baby's mouth unless you have a large dark area. Baby's nose should touch your breast lightly or be very close to it. Don't worry about your baby being able to breathe. If baby is sucking, baby is breathing.



6 Take the baby off your breast if you feel any pain. To take baby off, always put your finger in the corner of baby's mouth to break the suction, then move baby's head away. Feed on the other breast after burping baby.

