

# Babies Were Born to Be Breastfed

If you have questions or need help call:

- The hospital where you gave birth. Ask for a lactation (breastfeeding) specialist.
- If you are on WIC, call your WIC Office – WIC can provide a breast pump if you have a medical need or if you are going back to work or school (See WIC page 23).
- Oregon SafeNet 1-800-SAFENET 1-800-723-3638 503-988-5858 or visit [www.healthoregon.org](http://www.healthoregon.org)
- National Women’s Health Info Center: 1-800-994-9662 or visit [www.4womenshealth.gov](http://www.4womenshealth.gov)
- Or visit [lalecheleague.org](http://lalecheleague.org) and [www.nursingmotherscounsel.org](http://www.nursingmotherscounsel.org)

## What are your reasons for breastfeeding?

- ✓ I feel proud to be a breastfeeding mother.
- ✓ I am doing something important no one else can do.
- ✓ My baby will have fewer colds, ear infections and allergies.
- ✓ My child will have a lower risk of obesity, asthma and diabetes.
- ✓ I will lose my pregnancy weight more quickly.

**Nine out of 10 Oregon mothers breastfeed. You can too!**  
**Remember, breastfeeding is a time of learning for you and your baby!**

## Tips for getting a good start

- Breastfeed within the first hour after giving birth.
- Get comfortable. Use a pillow to lift baby up to you and to support your back.
- Hold your baby facing you, tummy to tummy.
- Bring the baby to the breast, not the breast to the baby.
- Have the hospital nurse help you with breastfeeding before you go home.

## How often does my baby need to breastfeed?

- Whenever your baby seems to want to. In the early weeks, every 1 1/2 to 2 hours; at least 8 to 12 times in 24 hours.
- Watch your baby for signs of hunger-looking for the nipple, making sucking noises, putting a hand in the mouth.
- Feed at the first signs of hunger, before your baby cries.

## How can I tell if my baby is getting enough breast milk?

- By the 5<sup>th</sup> day, your baby should have at least 6 wet diapers and 3 stools (poopie diapers) each day.
- Breastfed babies have watery, yellow, seedy looking stools. This is healthy and normal.
- The more your baby nurses, the more milk your body will make.
- Using formula may decrease your milk supply and does not solve most breastfeeding problems. Get help with breastfeeding before using formula.

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## How long should I plan to breastfeed my baby?

- Pediatricians say to breastfeed for at least one year or longer.
- Your baby will thrive with only breastmilk for the first 6 months. No other foods are needed.
- This is “exclusive” breastfeeding and protects your baby from many health problems.
- At six months, start offering other foods along with breastmilk.

## Dad, you are important too.

The little things you do for Mom can make a big difference!

- Bring her something to drink when she is nursing.
- Encourage her to rest or nap when she can.
- Spend time with older children. Do household chores or make dinner.
- Encourage her to call for breastfeeding help if needed or you can call to get help.
- Have your own special times with baby. Bathe the baby, nap with the baby on your bare chest, sing or read to the baby.
- Most of all - tell mom you are proud of her.

## Working Moms can breastfeed. Use this checklist to get ready to return to work:

- Talk with your employer about your plans to breastfeed or pump at work.
- Ask about working fewer hours or a flexible schedule.
- Talk to other working mothers who breastfeed.
- Start pumping and storing your breastmilk before you go back to work.
- Have others feed your child breastmilk in a bottle or a cup.
  - » Do this once in a while to help your child get used to it.
- Talk to your childcare provider about your plans to breastfeed.

## Things that will help you pump or nurse while working.

- Two or three flexible breaks a day.
- A private place (other than a bathroom) with a comfortable chair, electrical outlet and a sink close by.
- A breast pump and a refrigerator or a cooler for storing breastmilk.
- Having someone bring your child to you at work to be nursed.
- Visiting your child to breastfeed if you have childcare nearby.

## How long can breastmilk be stored?

Room Temperature	6-8 hours
Refrigerator	8 days
Freezer After thawing frozen milk, use within 24 hours	3-4 months

