

# NURSING YOUR NEWBORN

## STRONG & HEALTHY BEGINS WITH BREASTFEEDING

### Breastfeeding is Going Well

#### When:\*

- Your baby nurses 8 -12 times in a 24-hour period (newborns feed often-even hourly for the first few nights)
- Your baby has at least three wet diapers a day during the first few days and at least six wet diapers a day by the end of the first week
- Your baby has three or more yellow, loose bowel movements a day by the first week
- You can see your baby sucking and hear swallowing while nursing
- Your full breasts are softer after the baby nurses
- Your baby seems content for a while after nursing

### Breastfeeding Helps Your Baby:

- Provides the best food for your baby for the first six months of life\*\*
- Protects against illnesses such as ear and lung infections
- Creates a special bond between you and your baby
- Supports your baby's brain growth
- Lowers risk of allergies and asthma
- Lowers risk of sudden infant death syndrome (SIDS)
- Lowers risks of obesity and diabetes

\*These guidelines are for healthy term babies. For those with special needs or specific questions, please contact your healthcare provider or call the Oklahoma Breastfeeding Hotline at 1-877-271-MILK (6455) or text OK2BF to 61222.



**Some parents find it helpful to keep track of when their baby eats, has a wet diaper, and has a bowel movement.**

*\*\*Talk to your healthcare provider about the need for extra Vitamin D, iron or fluoride. The American Academy of Pediatrics (AAP) advises that:*

*\*All babies should receive 400 IU of Vitamin D each day starting at birth.*

*\*Full-term healthy babies receive enough iron from their mothers in the third phase of pregnancy to last for the first four months of life. Then the AAP advises giving fully breastfed infants 1 mg/ kg/ day of liquid iron drops until solid foods with iron are started at about six months of age.*

*\*After six months of age, your baby may need fluoride. To check the fluoride level in your area's water, view My Water's Fluoride [https://hccd.cdc.gov/DOH\\_MWF/Default/Default.aspx](https://hccd.cdc.gov/DOH_MWF/Default/Default.aspx)*

*Adapted from "Nursing Your Newborn-Breastfed Babies are Healthier Babies" American Academy of Pediatrics New York Chapter 2 Nutrition Committee and "What Do You Know About Breastfeeding?" (Free online education for parents - Eng. & Span.) OK Breastfeeding Resource Center <https://obrc.ouhsc.edu/>*

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## Tips for Doing Well with Breastfeeding:

- Practice skin-to-skin care to help control baby's heart rate, breathing, temperature, and blood sugar, and increase your milk supply.
- Breastfeed your baby within the first one to two hours after birth. Breastfeeding early and often allows your milk supply to increase and meet your baby's growing needs.
- Give only breast milk (no water or formula) unless directed by your health care provider for a medical reason.
- Try to avoid pacifiers until your baby is skilled at latching onto your breast (~ 2-4 weeks).
- Always place your baby on his/her back to sleep, in a safe area made for babies, with no other bedding or soft items. If you fall asleep while feeding your baby in bed, return him/her to the safe sleep area as soon as you wake up.
- When moms and babies "room in", babies stay warm, cry less, and feed better; moms get more rest and learn baby's feeding cues.
- Breastfeeding can take some work and practice to get you and your baby used to each other, so give it some time and do not be afraid to ask for help.

## Breastfeeding Helps You:

- Always ready, on hand, and the right temperature.
- Helps you lose your pregnancy weight faster.
- Causes your uterus to return to its normal size sooner.
- Saves money with fewer trips to doctor with a sick baby.

- Lowers your risk of breast, ovarian and uterine cancer, Type 2 diabetes, heart disease, high blood pressure, and postpartum depression.
- May lower your risk of heart disease.

## Where to Go for Help:

- Your baby should be seen by a health care provider (with breastfeeding training) two to five days after discharge and again at two to three weeks of age.
- Your baby's health care provider, your lactation consultant or breastfeeding peer counselor can provide help and support during your breastfeeding journey.
- Moms, dads, families, health care providers, or anyone with breastfeeding questions can call the toll-free Oklahoma Breastfeeding Hotline at 1-877-271-MILK (6455) or text OK2BF to 61222.
- For help and support, please call your local WIC Clinic or 1-888-655-2942.
- The Oklahoma Mothers' Milk Bank helps preterm and fragile babies receive safe, donor human milk. For information, contact 405-297-LOVE (5683) or visit [www.okmilkbank.org](http://www.okmilkbank.org).
- For more info, visit the Oklahoma State Department of Health Breastfeeding Information and Support Website: [www.oklahoma.gov/health/breastfeeding](http://www.oklahoma.gov/health/breastfeeding)

