

Breastfeeding *is going well* when*:

- Your baby nurses 8 or more times in a 24-hour period (about every 2 to 3 hours).
- Your baby has at least 3 wet diapers a day during the first few days and at least 6 wet diapers a day by the end of the first week.
- Your baby has 3 or more yellow, loose bowel movements a day by the end of 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 satisfied after nursing.

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

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

Adapted from "Nursing Your Newborn—Breastfed Babies are Healthier Babies" American Academy of Pediatrics New York Chapter 2 Nutrition Committee

Help is *available*

- Your baby should be seen by a breastfeeding educated health care provider 2 to 5 days after discharge and again at 2 to 3 weeks of age.
- Your baby's health care provider and your lactation consultant can provide help and support during your breastfeeding experience.
- Mothers and health care providers with breastfeeding questions can call the toll free Oklahoma Breastfeeding Hotline at **1-877-271-MILK (6455)**.
- For help and support, please call your local WIC Clinic or **1-888-655-2942**.
- For more information, visit the Oklahoma State Department of Health Breastfeeding Information and Support Website:
<http://bis.health.ok.gov>

THE OKLAHOMA STATE DEPARTMENT OF HEALTH (OSDH) AND WIC ARE EQUAL OPPORTUNITY EMPLOYERS AND PROVIDERS.

Funding is provided by the Oklahoma State Department of Health, WIC Service, as awarded by the United States Department of Agriculture, Food & Nutrition Services.

This publication, printed by Docutech, was issued by the OSDH, as authorized by Terry Cline, Ph.D., Commissioner of Health. 500 copies were printed in June 2010, at a cost of \$145.00. Copies have been deposited with the Publications Clearinghouse of the Oklahoma Department of Libraries.



Oklahoma State
Department of Health
Creating a State of Health

Preparing for a Lifetime *It's Everyone's Responsibility* Nursing your Newborn

*Strong & Healthy
Begins with Breastfeeding*



For more information about the
Preparing for a Lifetime Initiative,
visit the website: <http://iio.health.ok.gov>

**Preparing
for a
Lifetime**
It's Everyone's Responsibility

Oklahoma State Department of Health
1000 NE 10th Street
Oklahoma City, OK 73117-1299

Breastfeeding *Benefits* Your Baby

- Provides the best nutrition for your baby
- Contains the best nutrients that your baby needs for the first 6 months *
- Protects against illnesses such as ear and respiratory infections
- Decreases allergies
- Creates a special bond between you and your baby
- Supports brain development
- Lowers risks of obesity and diabetes

* The American Academy of Pediatrics recommends that all babies receive 400 IU of Vitamin D each day starting at birth. Talk to your health care provider about a Vitamin D supplement.

After 6 months of age, your baby may have a need for fluoride. Check with your health care provider. To check the level of fluoride in your community's water, view My Water's Fluoride at <http://apps.nccd.cdc.gov/MWF/Index.asp>

For Successful *Tips* Breastfeeding

- It's best if your baby nurses within the first 1 to 2 hours after birth.
- Skin-to-skin contact is good for your baby and can help increase your milk supply.
- Nurse your baby every 2 to 3 hours.
- Early and frequent breastfeeding will allow your milk supply to increase to meet your baby's needs.
- Do not give your baby water or formula unless directed by your health care provider.
- Breastfeeding can take some work and practice to get you and your baby used to each other, so give it some time.

Breastfeeding *Benefits* You

- Convenient
- Breastmilk is free
- Always readily available to feed your baby
- Helps you lose your pregnancy weight faster
- Helps your uterus return to its normal size faster
- Lowers your risk of breast and ovarian cancer
- May lower your risk of heart disease