



## Breastfeeding Boosters: Tips to Help You Keep Going

Many moms stop breastfeeding in the first few weeks after their baby is born. Why? The most common reason is fear that they are not making enough milk or that their baby is not getting enough milk.

The key to breastfeeding for many months or continuing to that 1-2 year goal is starting out nursing your baby right after delivery and avoiding giving your baby any other fluids (water, formula, juice, tea). This is known as exclusive breastfeeding.

### How to exclusively breastfeed and know that your baby is getting enough milk:

- Milk supply
  - Moms start making milk at 3-4 months of pregnancy.
  - Healthy, term newborns need small feedings in the first 1-2 days, as little as 1-2 teaspoons every 1-2 hours.
- Feeding cues
  - If your baby isn't waking up to nurse, he/she should be undressed and placed skin to skin on your bare chest. Watch for waking and feeding cues over the next hour or so.
- How often to feed
  - After you leave the hospital, your baby should be nursing at least 8 times in 24 hours. Some babies nurse 12 times or more.
- Counting diapers
  - Wet diapers slowly increase during the 1st week, from as few as 1 the first day to 6-8 per day by the end of the week.
  - Your baby should no longer have black, tarry stools by day 5 of life.
- Weight gain
  - Your baby should be back to birth weight by 10-14 days.



### Common Concerns:

- Breast changes
  - Expect fuller breasts around 3-5 days after delivery.
  - If your breasts are full, painful and/or baby can't latch, call for help\*.
- Growth spurts
  - Your baby will nurse more frequently than usual around 2 weeks, 6 weeks and 3 months of age. By doing so, your milk supply increases.
- Returning to work
  - Talk to your boss about a clean, private place for expressing milk.
- Expressing milk
  - If you are returning to full-time work, get a good quality, double-electric breast pump.
  - Most mothers can express milk in 10-15 minutes. If you are working an 8-hour day, you will need to express at least 3 times (2 breaks and meal time).

Refer to PRAMSGRAM Part I, Breastfeeding Tips for New Moms for more information. (Available at [www.health.ok.gov](http://www.health.ok.gov) keyword breastfeeding)

\*Call your health care provider, local county health department or a lactation consultant if you are having problems breastfeeding. To find a lactation consultant near you, call the Labor & Delivery unit of the hospital where you delivered or the toll free breastfeeding support line at 1-800-994-WOMAN(1-800-994-9662).

# Supporting Breastfeeding in the Community

Breastfeeding for at least one year has long-term health benefits for mothers and children and economic benefits for families and society. Once mothers and their newborns leave the hospital they need the support of their community to continue breastfeeding.

## How can you help?

### For Employers

- Show support of breastfeeding and encourage female employees to continue breastfeeding when they return to work.
  - Refer to Oklahoma State House Concurrent Resolution No. 1015, passed in 2005, for more information.
- Provide a clean, private location other than a toilet stall for mothers to express milk.
  - A comfortable chair, lighting and an electrical outlet are necessary for a mother to express milk at work.
- Encourage nursing moms to use mealtime and break time to express breastmilk without fear of reprisal.
  - Typically, mothers need three 15-minute sessions to express milk in an eight hour day.

### For Businesses (Restaurants, Stores, Offices, Schools, etc)

- Show support for breastfeeding by welcoming nursing mothers and their children in your place of business.
  - Consider posting a sign welcoming breastfeeding babies.
  - Oklahoma state law clarifies that mothers have the right to nurse in public.
- Breastfeeding is a quiet, unobtrusive activity.
  - Nursing mothers are ordinarily very discreet and do not want to draw attention to themselves.
- Several states recognize and honor businesses that are “Mother-Friendly.”
  - Contact the Oklahoma State Department of Health, Maternal and Child Health Service, at 405-271-4480 if you are interested in having a statewide “Mother-Friendly Business Recognition Program” created.

### The information in this insert comes from:

Breastfeeding and the Use of Human Milk. Pediatrics, Vol 115, No 2, Feb 2005, pp 496-506.

and

Clinical Guidelines for the Establishment of Exclusive Breastfeeding. International Lactation Consultant Association, 2005.

This publication is available in Spanish. Call 405-271-6761 or 1-800-766-2223 and ask for Alicia Lincoln, PRAMS Project Manager, Oklahoma State Department of Health.