

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).

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.

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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

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