Breastfeeding

Dear Reader,

This guide is for all women and their families.

It is a supportive tool for all women who choose to breastfeed.

La Leche League International
Director of Publications
Judy T. Fox
Director of the Office on Women's Health
U.S. Department of Health and Human Services
Deputy Assistant Secretary for Health (Women's Health)
Wanda K. Jones, D.F.H.

confidential in your decision to breastfeed.

www.womenshealth.gov website are designed to help you feel

This booklet, the 1-800-949-6624 toll-free number, and the

• Why breastfeed?
• How to breastfeed?
• When to breastfeed?
• Why breastfeed is a public health issue and what is being done to
• What to do to help get breastfeeding off to a good start?
• Answers to frequently asked questions about breastfeeding?
• The benefits of breastfeeding for baby, mom, dad and society?
• You will learn:

Breastfeeding is easy for you and your baby.

This booklet will provide some basic information to help make

Your baby was born to be breastfed.
Benefits of breast feeding

- Breast feeding creates a healthier society
- Breast feeding contributes to a more productive workforce
- Breast feeding saves lives of health care costs
- Breast feeding saves the family hundreds of dollars

Benefits of breast feeding for families

- Breast feeding mothers have increased self-esteem
- Strong bond between mother and child
- Breast feeding creates a nurturing, caring environment
- Breast feeding reduces the risk of breast and ovarian cancer
- Breast feeding improves immunity and aids in preventing certain diseases
- Breast feeding reduces the risk of developing childhood obesity
- Breast feeding helps to decrease the risk of heart disease
- Breast feeding may also help to decrease the incidence of type 2 diabetes

Tips for a smooth start to breast feeding

1. Get food prenatal care
2. Get your baby to breast feed within the first day
3. Get your baby to breast feed at least 24 hours after delivery
4. Get your baby to breast feed every 2-3 hours

Babies were born to be breast fed.
How often will my baby breastfeed?

Few days after your baby's birth, your baby's appetite and the color will change to a plump, smaller color during the next few days. Open your baby's eye; support your baby's head and help the baby to develop this system. At first, your breast is numb. You shouldn't nurse your baby soon after birth, if possible, when your baby is numb.

When should I start breastfeeding?

Make sure your baby's milk supply is established. The husband of your milk won't improve much. Your baby's stomach is large; your baby will likely need your milk and energy level. However, even if you don't always get 300 extra calories a day. Woman losing weight will use about 500 extra calories a day. Woman's milk supply is increased when her diet is rich enough. Drink enough water, and make sure you're hydrated. Breastfeeding requires about 600 to 800 calories a day.

Many cultures have rules about foods do I need to eat?

Your breastfeeding questions answered...

- Breastfeeding is a learned process. Give your baby and yourself time.
- Breastfeeding is a normal process. Give your baby and yourself time.
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Easy Guide to Breastfeeding

**Weeks**

- **1st week**
  - Your milk will begin to form. Your body will be preparing for breastfeeding and there will be a larger supply of milk.
  - Your body feels tired and may need extra rest. Drink plenty of fluids and take breaks as needed.
  - Breastfeeding helps improve your baby's bond with you.

- **1st 4-6 weeks**
  - You may notice your baby becomes more active and alert. They may also be easier to comfort.
  - Your baby may breastfeed every 2-3 hours and take in 2-3 ounces per feeding.

**The Baby**

- Your baby will likely be awake and alert in the first hour after birth and this is good.

**Milk Appearance and Amount**

- The milk will be yellow or golden. This is a good sign that you are making enough milk.

**Tips for New Moms**

- Drink plenty of fluids and eat nutritious foods.
- Practice good prenatal care and take care of your body.
- Breastfeed regularly to help maintain milk production.

**What will happen with your milk?**

- Your milk production will naturally increase over time.
- Your milk production may fluctuate throughout the day.
- Your milk production may change depending on your baby's feeding schedule.

Here's what will happen with your milk:

- In the first few weeks, your milk will be yellow or golden.
- As your baby grows and develops, your milk will change in color and consistency.
- Your milk production will continue to increase as your baby gets older.

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Healthy starts with proper breastfeeding. Thank you for choosing to breastfeed.
Breastfeeding Positions

In the corner of this box, you can see your baby's head in a position to breastfeed. Your baby should be lying down on their back with their head up and your hand supporting their back.

Breastfeeding should occur at least 3 times a day. The baby should be held in an upright position and the nipple should be in the corner of their mouth. You can also hold your baby's hand while they are feeding.

How do I hold my baby when I breastfeed?

How do I know my baby is getting enough milk?
Can I breastfeed in public? Will I have to breastfeed in public? How do I manage that?
Should I give my baby water or cereal?

When to start solid foods is often a topic of discussion among parents. Your baby is about 6 months old, and you might be wondering what to feed them. It's important to introduce new foods gradually and ensure they are digestible. Your pediatrician can provide guidance on the appropriate time to start solids.

How much do breast pumps cost and are they worth it?

Breast pumps can be a great investment for mothers who need to pump or store breast milk. The cost can vary depending on the type and model of pump. Research shows that exclusive breastfeeding has many benefits, including improving infant health and reducing the risk of certain diseases. It's important to consider the needs of your family and lifestyle when choosing a breast pump.
Breastfeeding

When should I wean my baby?

Although breastfeeding is recommended for the first year of life and for as long as mutually desired by the mother and baby, it is recommended that babies be exclusively breastfed for the first six months of life. To ensure adequate nutrition, the AAP recommends that infants receive a minimum of 750 mL of vitamin D per day by the age of six months. Vitamin D supplementation is required for infants who are fed formula or with insufficient breast milk. Vitamin D supplementation is also recommended for all infants, including those who are exclusively breastfed, from the age of six months.

I have heard that breastfed babies may not get enough...
Why don't more women breastfeed their babies?

Why does the U.S. Department of Health and Human Services make the decision to help you into a breastfeeding moment, so you should be already have been studied in breast-

Can I breastfeed if I need to take prescription medication?

Can I breastfeed if I smoke or drink alcohol?
You can also find more information on the NWHC web site:

www.nwhc.org

The library also offers a breastfeeding teacher with pamphlets on basic breastfeeding issues as well as special breastfeeding situations. You also

receive leaflets and other literature on breastfeeding.

If you have any questions about breastfeeding, call the National Women's Health Information Center or visit the National Women's Health Information Center's Web site.

www.nwhc.org

About Breastfeeding:

Why should I talk to my doctor or health care provider about breastfeeding? Why should I talk to my doctor or health care provider about breastfeeding? Who should talk to my doctor or health care provider about breastfeeding? What should I talk to my doctor or health care provider about breastfeeding? If you have any questions about breastfeeding, call the National Women's Health Information Center or visit the National Women's Health Information Center's Web site.

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Before you breastfeed:

Before you breastfeed, make sure to check with your doctor or health care provider about any medications you are taking. Some medications can affect your ability to breastfeed. If you have any questions about breastfeeding, call the National Women's Health Information Center or visit the National Women's Health Information Center's Web site.

www.nwhc.org

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www.nwhc.org
Your baby was born to be breastfed.

African American Breastfeeding Alliance Inc. (AABA)

Call 1-800-LACTLIFE for more information. AABA programs include African American breastfeeding education, peer counselors, training, breastfeeding support, and supportive breastfeeding information for African American parents and health professionals. AABA goals are to improve the overall health status of African American babies, increase access to and awareness of ARVs, and improve the overall awareness and acceptance of breastfeeding in African American mothers. L.L.L. (La Leche League International) offers books and pamphlets on breastfeeding. Childbirth education classes are also available. It's never too early to breastfeed your baby. Breastfeeding is a learned skill. The learning to breastfeed your baby begins before you have your baby. You must learn to breastfeed your baby properly. Breastfeeding starts with a mother's love for her child. Breastfeeding helps to maintain a mother's own health. Breastfeeding can also be a very enjoyable experience. It's never too late to start breastfeeding.

La Leche League International

1.800.LACTLIFE 1.877.532.8235
BreatheEating

When should I wean my baby?

How do I breastfeed outside of my home?

Where can I get breastfeeding support?

Who are your suggestions for breastfeeding while at work?

Can I speak with other parents who have breastfed?

How many of your patients breastfeed their babies?

Can my baby stay with me while I am in the hospital?

What will hospital staff do to help me with breastfeeding?

Hospital

Work

Home

Provider about breastfeeding

Questions to ask your health care
Breastfeeding the Baby with Reflux

Your Baby's First Solid Food

When Babies Cry

Sick

When a Nursing Mother Cries

Tennis

More Breaks

Mother's Guide to Pumping Milk

How to Handle a Nursing Strike

Breastfeeding Twins

Breastfeeding Father

Breastfeeding and Working

Birth

Breastfeeding After a Caesarean

Approaches to Weaning

The following La Leche League publications are available for

Suggested Reading