

Make breastmilk?

Yes, you can!

Right after birth...

Hold baby skin-to-skin on your chest.

This keeps baby warm, happy, and likely to latch-on to the breast.

Keep baby in your room and feed every 1 – 3 hours.



How do I keep making milk?

Baby needs to have a good latch and feed well from the breast.

Watch for early hunger signs, like sucking on hands or moving the mouth. Don't wait until baby cries to feed.

In the first 3 weeks, the more you breastfeed the more milk you will make.

So, unless there is a medical need, no formula, bottles, or pacifiers for the first 3 weeks.



You **can** breastfeed and make enough breastmilk for your baby.

Do I have milk?

The first milk, colostrum, has everything your baby needs.

Baby's tummy needs only a tiny amount of milk.

At first, your breasts will feel soft, but will feel full by the third to fifth day.

As your milk supply increases, your baby will have more wet and dirty diapers.

Coming Soon in October 2009...

WIC mothers who give babies **only** breast milk get **extra servings of WIC foods** plus cheese and canned tuna and salmon.

Baby's Stomach Size...

 Day 1 About the size of a large marble

 Day 3 About the size of a ping pong ball

 Day 10 About the size of an egg

What if baby will not latch?

Breastfeeding may take time to learn, be patient.

Keep holding baby skin-to-skin.

Hand express or pump your milk to feed your baby and to tell your body to make more milk.

Call the WIC breastfeeding staff to get the help you need.



Created by Franklin County WIC and Columbus Public Health staff.

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