

In an
Emergency,
The
Cleanest,
Safest
Food
you can give
your baby
Is
Your Milk

Q. What if I don't have milk any-
more?

A. Up to six months after birth a
mother can make milk again by put-
ting baby to the breast, or pumping
every two hours. At first she may be
get only drops of milk. But this will
increase by about one ounce every
24 hours. Then she can cut back on
the formula, or donated human milk
she is giving the baby, by about one
ounce a day. The younger the baby,
the sooner the mother will begin to
make a lot of milk.

Prepared by the
Harris County Breastfeeding Coalition
In Collaboration with
The Texas Department of State Health Services,
Austin Healthy Mothers Healthy Babies Breast-
feeding Task Force,
Houston Association of Lactation Consultants
and Educators,
And
La Leche League of Houston
www.HALCEA.info



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Infant
Feeding in
Emergencies

Frequently Asked Questions about Breastfeeding:

Q. What about stress? With all this stress, won't my milk go away?

A: Not if you keep nursing. Babies' lives are saved every day by mothers who breastfeed them in spite of war and natural disasters.

Q. What about water? Does my baby need water?

A: Breast milk is 87% water. And it is pure water. If your baby is getting enough milk, then your baby is getting enough water.

Q. Without formula, how can I tell if my baby is getting enough milk?

A: If your baby has 6 wet diapers a day and regular bowel movements, that is a sign he is getting enough. To be sure, ask your doctor or WIC peer counselor to weigh your baby.

Q. What about work? How can I breastfeed when I need to find a job?

A: Call WIC or a local pump rental agent. As a Katrina survivor, you may be eligible for free use of an electric breast pump and supplies.

Continued on back....

Babies were born to be Breastfed

Breastfeeding can save lives now:

Breast milk helps babies fight diseases like:

- *Diarrhea,*
- *Ear infections,*
- *Pneumonia*
- *Cholera*
- *Food poisoning*

And make the future brighter:

Mothers who breastfeed are less likely to have breast and ovarian cancer later in life.

Breastfed babies are less likely to become obese or develop asthma when they get older.

If you have questions
or
need assistance

Ask for breastfeeding
help
and a volunteer will be
found to assist you.

Phone numbers for
Breastfeeding assistance / information:

Mom's Place:

TX Dept. of State Health Services
1 800 514 6667

La Leche of Houston:

713 383 2819

En español: 832 279 3401

WIC

713 794 9090 M-F 8-5
713 306 9573 after hours

**African American
Breastfeeding Alliance:**

877 532 8535

www.aabaonline.com

**Houston Area Lactation Consultants
Referral list:**

www.HALCEA.info