Getting a Strong Start with Breastfeeding

Before the Baby Comes:

- I want to breastfeed my baby.
- Learn about breastfeeding—attend classes, speak with other mothers.
- Tell your family, doctor and nurse you want to breastfeed.

At the Hospital:

- Start breastfeeding within an hour after birth, if possible.
- Tell the staff you want your baby to only have breast milk.
- Keep your baby in the room with you day and night.
- Learn to recognize when your baby is hungry.
- Ask for help if you have any questions.

The First Feedings at the Breast:

- Your very first milk, colostrum, is just right for your baby and will protect her against disease.
- Newborns may be sleepy from their mother’s medication during labor—have patience and keep trying.
- The first feedings are practice for you and your baby.
- Let your baby breastfeed as often and for as long as she wants.
- It is common for newborns to have very closely spaced feedings at certain times of the day and night.

NO BOTTLE PLEASE!

- Bottles of formula or water are generally not necessary, and will interfere with breastfeeding.
- Avoid artificial nipples and pacifiers for at least the first 4 to 6 weeks.

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