

Breastfed Babies Don't Need Formula!

You can produce all the milk your baby needs

Avoid Bottles



The first 2 to 3 days you will have thick yellowish milk called colostrum. It is all your baby needs at the beginning.

Breastfeed Correctly

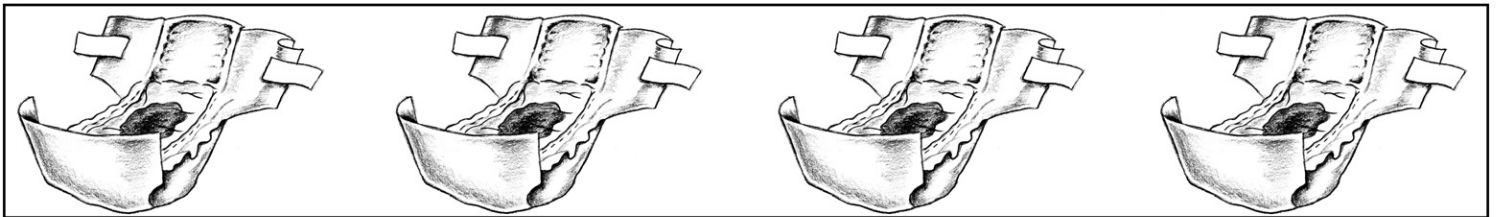


Hold your baby close to you, facing your breast. Your baby's mouth should cover much of the dark area around your nipple – slightly more of the area below the nipple than above.

Breastfeed Frequently



Breastfeed your baby at least 8 to 12 times in 24 hours, including night-time feedings. Babies sometimes nurse more often at night. To feel rested, sleep when your baby sleeps.



What to Expect

♥ **First days after birth:**

- 1-3 wet diapers per day.

♥ **After day four:**

- At least 4 poops per day, plus additional wet diapers.
- Poops will be soft and a mustard-like yellow.

♥ **After the first month:**

- At least one poop per day.

♥ **After 6 weeks:**

- Some babies poop only every few days.
- Don't worry! Your baby is not constipated.

Important Tips:

- ♥ If your newborn has been sleeping more than 2 hours during the day or 3 hours at night, wake him up and breastfeed.
- ♥ Your baby will have periods when he wants to breastfeed more often than usual. These are times of rapid growth and usually last a couple of days. To produce all the milk your growing baby needs, breastfeed more often during these periods.