



State of Illinois
Department of Human Services

Breastfeeding...

**Baby's
Best Start**



Breastfeeding ~ Baby's Best Start

Every new mother needs a supportive friend or family member. Identify that special person—in your family—circle of friends— church or social setting—who is like-minded about infant feeding and care and can help out with questions and concerns as you begin this exciting journey with your baby.

My person is _____ Phone _____

Breastfeeding Resource Person

WIC _____ Phone _____

Hospital _____ Phone _____

Physician _____ Phone _____

Other _____ Phone _____

Now begins a special time for you. You have a new baby. It's time to be together. A time to share.

This booklet will show you how to start breastfeeding.

Breastfeeding gives your baby the best start in life.

Breastfeeding is Best!

Your milk is the best start you can give your baby, because—

- Breast milk has everything baby needs to grow up strong and healthy.
- Breast milk helps keep baby from getting sick.
- Breast milk is easy to digest and prevents allergies.

Breastfeeding your baby is good for you, too. It helps tighten up your stomach and get you back in shape.

As baby grows, you will save time and money. You don't have to buy anything, or heat up anything. Your milk is always fresh and ready to use.

Breastfeeding is Special!

Mother's milk is special for baby. It doesn't matter if your breasts are large or small. Your body makes plenty of milk for baby.

The more baby breastfeeds, the more milk your body makes. And it makes the right kind and amount of milk at the right time for your baby. Your milk changes as the baby grows. It changes to meet the baby's needs.

The first fluid from your breast is called colostrum. Colostrum—

- Is very important for baby.
- Helps protect baby from sickness.
- Looks yellow and thick or may look clear and watery.

Colostrum gradually changes to become mature milk toward the end of the first week after your baby is born. The color becomes whiter and the consistency thinner.

Breast milk is all your baby needs for four to six months!

Preparation for Hospital Stay

- Prior to delivery, tell your doctor and your baby's doctor that you plan to breastfeed.
- Request that your baby have only breast milk—no formula, no sterile water and no glucose water. Ask your baby's doctor to make this a written order.
- Ask to breastfeed your baby as soon as possible after delivery, preferably in the delivery room, or at least within one hour after delivery.

Upon Hospital Admission

- Remind the doctor and nursing staff that you want to breastfeed and ask to breastfeed as soon as possible after delivery, or have your support person do this.
- Request that the baby be kept in your room as much as possible.
- If baby is returned to the nursery at night, ask that your baby be brought to you when he or she awakens, cries or appears fussy or hungry.
- To avoid nipple confusion and breast engorgement, request that no formula, water, bottles or pacifiers be used.

Put Baby to Your Breast— Latch On

1. Turn the baby toward your breast so that you and baby are “tummy to tummy.”
2. Hold baby close with mouth in front of your nipple.
3. Support your breast with your fingers below and your thumb on top, allowing enough space for the baby to latch on.
4. Lightly touch baby’s lower lip with your nipple (see A).
5. When baby opens mouth very wide, pull baby close so that baby can get as much of the dark part of the breast as possible inside mouth (see B).
6. Hold baby close while breastfeeding.
7. Burp baby before changing to your other breast. And next time, start baby feeding on this second breast.



A

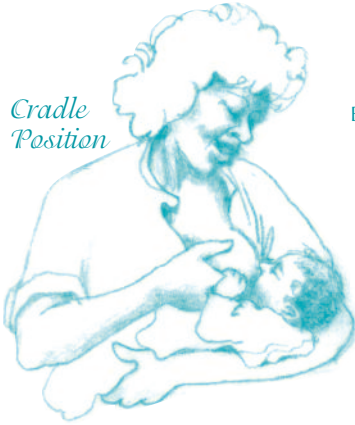


B

Breastfeeding Positions

Choose whichever positions are most comfortable for you. It is good to use different positions.

Cradle Position



Modified Football Hold
Baby's buttocks rest against back of chair or sofa, and legs go up the back of the chair, to insure hip flexion and relaxation of jaw and tongue.



Lying Down Position



To Take Baby Away From Your Breast

Gently break the suction by placing a clean finger in the corner of baby's mouth between the gums.



When to Feed Baby

A new baby will need to eat often, about every one and a half to three hours during both day and night (eight to 14 times in 24 hours). You'll know your baby is hungry when he:

- sucks his fist or fingers
- makes faces
- smacks his lips
- fusses or cries (crying is usually the last sign—try not to wait until then)

Feeding often is also important for you. It helps give you a good milk supply and keeps your breasts from becoming too full.

Starting with the first feeding, you can feed your baby as long as he or she likes at each feeding. When the baby begins to lose interest, remove from breast, burp and then offer the second breast.

To avoid problems and to get the most benefits, feed your baby only breast milk for at least four to six weeks. Water and formula are not needed.

If and when you need to be separated from your baby, your WIC program or lactation consultant can help you work out a plan for feeding your baby.

Many babies have growth spurts at 1 week, 6 weeks and 4 months of age. The baby may want to nurse more often during this time. This is normal, just continue to feed on demand.

Measuring Baby's Intake

Your body makes as much milk as baby needs. The answers to these questions may tell you if baby is getting enough to eat.

1. Does baby have at least six wet diapers each day (after day 5)?
2. Does baby sleep some between feedings?
3. Is baby gaining weight?
4. Does baby have at least one stool per day?

If you answer “Yes” to all of these questions you are probably off to a great start.

If you answer “No” to any of these questions, contact your health care provider, WIC program or lactation consultant promptly. She can help you find the answer and make changes.

Is your baby's dirty diaper—

- Bright yellow to dark brown in color.
- Very soft and a little lumpy.
- Without a strong smell.
- One to two stools per day the first few weeks, or as many as one every feeding.
- After about two months, stools may be once a day or even once every four to five days.

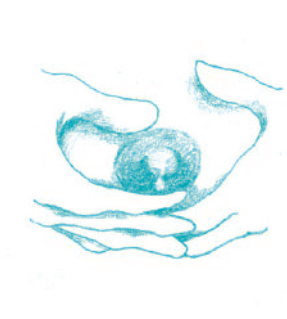
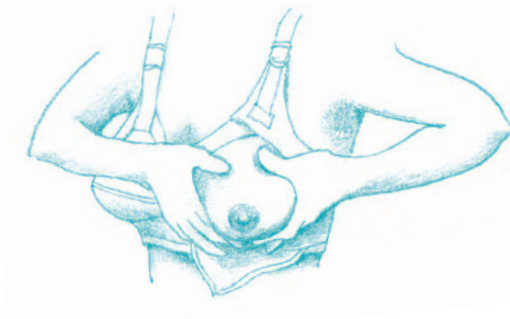
All are normal. It just depends on your baby. Anytime you have questions or concerns about how your baby is growing, contact your health care provider, WIC program or lactation consultant promptly. She can help you find the answer and make changes.

Take Care of Your Breasts.

If your nipples get sore, try this:

- Check for correct latch-on, make certain all of the nipple and as much as possible of the areola (the dark area) is placed in baby's mouth and that baby's mouth is opened wide.
- Try different positions when you breastfeed.
- Express a little breast milk or rub in what is left on the nipple and allow it to dry after breastfeeding. Never use soap, alcohol or creams on nipples.
- Give your nipples some fresh air for about 15 minutes after breastfeeding or leave bra flaps open.

Breastfeeding should not hurt, if



- you are not looking forward to nursing
- you are delaying feedings
- your baby is spending long periods (over 1 hour) of time at the breast without seeming satisfied
- you have a fever or flu-like symptoms contact your health care provider, WIC program or lactation consultant promptly. She can help you find the answer and make changes.

Breastfeeding When You're Ill

You can keep breastfeeding even with most illnesses, like coughs, colds, fever, or common diarrhea. Your milk is good and helps protect your baby from getting sick. If you have questions about breastfeeding when sick, call your clinic. Do not take any medicine without first checking with your doctor.

Eating While Breastfeeding ~

- You do not have to eat a “perfect” diet to make breastmilk that is perfect for your baby.
- Eat a varied diet.
- Drink to your thirst everyday. Water, milk and juice are great choices.
- Limit caffeine-containing drinks to no more than 2 or 3 each day.
- Avoid alcoholic beverages.
- Take some time for yourself.
- Always check with your doctor before taking any medications.

Family Planning

Even though you are breastfeeding, you can still get pregnant! If you do not want to get pregnant, be sure to guard against it. Your family planning clinic or health care provider can help you choose a safe, effective method.

Returning to Work or School

While you are at work or school you can continue to provide breastmilk for your baby by pumping. Illinois Law requires employers to provide a private place and break time for a breastfeeding mother. Most child care providers are happy to work with breastfeeding mothers. If you would like to learn more about providing breastmilk for your baby while separated contact your health care provider, WIC program or lactation consultant.

Breastfeeding ~ The Gift of Love

Your breast milk is the very best food for baby. When you give your baby only breast milk and no formula, your baby will be less likely to get sick.

Your milk gives baby the very best start in life. And only you can give it!

For more information:

Contact your local health department or call or visit your Illinois Department of Human Services' Family Community Resource Center (FCRC).

If you have questions about any Illinois Department of Human Services (IDHS) program, call or visit your FCRC. We will answer your questions. If you do not know where your FCRC is or if you are unable to go there, you may call the automated helpline 24 hours a day at:

1-800-843-6154

1-800-447-6404 (TTY)

You may speak to a representative between:

8:00 a.m. - 5:30 p.m.

Monday - Friday (except state holidays)

For answers to your questions, you may also write:

Illinois Department of Human Services

Bureau of Customer and Provider Assistance

100 South Grand Avenue East

Springfield, Illinois 62762

Visit our web site at:

www.dhs.state.il.us



The WIC program is an equal opportunity program open to all eligible person regardless of race, color, sex, national origin, age or disability. Any person who believes he or she has been discriminated against should write to the Secretary of Agriculture, Washington, DC 20250.

Programs, activities and employment opportunities in the Illinois Department of Human Services are open and accessible to any individual or group without regard to age, sex, race, sexual orientation, disability, ethnic origin or religion. The department is an equal opportunity employer and practices affirmative action and reasonable accommodation programs.

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