



Breast is Best!

Fall 2017

Oconto County WIC

Breastfeeding news, info, tips, etc. WIC promotes and supports mothers and infants who are breastfeeding!

What to Expect in the First Few Weeks

How often should I be nursing my baby?

- Frequent nursing encourages good milk supply and reduces engorgement. Aim for nursing at least 10-12 times per day. After the first few weeks expect to nurse 8-12 times per day.
- Nurse at the first signs of hunger (stirring, rooting, and hands by mouth). Don't wait till baby is crying. Offer one breast unlimited time with active suckling than offer second breast.
- Wake baby to nurse if sleeping 2 hours during the day or 2-4 hours at night

Is baby getting enough milk?

- A typical new born may lose around 7% of their weight. A breastfed baby will gain on average 6oz / week.

- In the beginning baby should have 1 dirty diaper per day old. After day 4, stools should be yellow and baby should have 3-4 stools per day. After 4-6 weeks of age they may not have a dirty diaper daily. Don't worry.
- In the beginning baby should have 1 wet diaper per day old. Once mom's milk is in expect between 5-6+ wet diapers per day. After 6 weeks wet diapers may go down to 4-5 times per day.

Breast changes

- Your milk will "come in" (will transition from colostrum to mature milk) between 2 to 5 days.
- To minimize engorgement: nurse often, don't skip feedings, ensure good latch/sucking, and let baby finish the first breast before going over to the other.





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The following things are normal:

- Frequent and/or long feedings.
- Varying nursing pattern from day to day.
- Cluster nursing (very frequent to constant nursing) for several hours—usually evenings—each day. This may coincide with the normal “fussy time” that most babies have in the early months.
- Growth spurts, where baby nurses more often than usual for several days and may act very fussy. Common growth spurt times in the early weeks are the first few days at home, 7 – 10 days, 2 – 3 weeks and 4 – 6 weeks

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Support Groups for Breastfeeding

- Breastfeeding Moms of Green Bay
 - Breastfeeding Mom Support
- The Big Latch on Green Bay Wisconsin
- Project Support: Breastfeeding Advocacy in Green Bay WI

Breastfeeding App for Phones

- Coffective

Breastfeeding Bridge Mom/Baby Group

(1 hour class) Bellin – Green Bay Cost: FREE

Join other moms and their babies “bridge the gap” on the breastfeeding journey. Join us to get a free baby weight check, to have your questions answered by a Lactation Consultant and share experiences and support with other breastfeeding moms. No registration is required and there is no fee to attend. The group meets at 2020 S. Webster, Green Bay on the first Thursday from 6-7pm and on the third Tuesday from 11:00am-12:00pm. **Please note: Breastfeeding Bridge on Tuesdays is moving to a new time in 2017. Please join us every 3rd Tuesday from 11:30-12:30pm.** All moms and babies are welcome to attend.

St. Vincent in Green Bay also has Breastfeeding classes FREE of charge. See their website for specific class options and to register.

This institution is an equal opportunity provider