



# Breast is Best!

Spring 2016

Oconto County WIC

### Here are several ways to know if breastfeeding is going well:

- Your baby is breastfed 8-12 times in 24 hours
- Your baby has at least 5-6 wet diapers every 24 hours
- Your baby has at least 3 bowel movements every 24 hours
- You can hear your baby swallowing during feedings
- Your nipples are not cracked or bleeding, breastfeeding should not hurt
- Your baby is content and drowsy after feedings
- Your breasts feel full and firm before feedings, and soft and less full after
- Your baby is gaining 4-7oz per week after the first four days

### Vitamin D Supplementation

Human milk typically contains a vitamin D concentration of 25 IU per liter or less. Therefore, a supplement of **400 IU** per day of vitamin D is recommended for all breastfed infants. Vitamin D supplements come in liquid drop form for infants. Once your infant turns one and starts drinking whole milk, you can stop supplementing since milk is fortified with vitamin D.

### Breastfeeding in the News

CNN - Breastfeeding increase could save up to 800,000 lives!

Breast milk acts as a baby's first vaccine to help fight disease and illness. One third of respiratory infections and about half of all diarrhea episodes could be avoided in low- and middle-income countries through breastfeeding, according to the report. In high-income countries, breastfeeding cuts the risk of sudden infant deaths by more than one-third. Children who are breastfed longer have been found to have higher intelligence than those who are breastfed for shorter periods, the report said. "So both for ensuring kids' survival and then ensuring their future health and development, it's a huge intervention," said Shawn Baker, director of nutrition for the Bill & Melinda Gates Foundation, which provided a \$650,000 grant to the World Health Organization to fund the report. "I always characterize it that this is not some second-rate intervention we're trying to push on developed worlds, but this is really state of the art, the gold standard intervention that's relevant anywhere in the world."

This institution is an equal opportunity provider.



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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