



# Breast is Best!

Winter 2015/2016

Oconto County WIC

Most people already know the benefits of breastfeeding, whether they choose to do it or not. Breast milk contains the right balance of nutrients. Breast milk is easier to digest than formula, and the antibodies in breast milk boost your baby's immune system. Breast feeding may even help you, the mom, lose weight faster.

Breastfeeding is still challenging, no matter how many facts you may know about it.

Here are some tips for new moms.

## Ask for Help Right Away

No matter how much you read or even if you breastfed before, it's not easy and each time can be a different experience. If problems arise, ask for help right away. Don't wait and don't give up. There are many places to get help.

## Let Your Baby Set the Pace

For the first several weeks, your baby will want to be fed about every 2-3 hours. Look for the early signs of hunger such as stirring, restlessness, sucking motions, and lip movements.

Let the baby nurse the first breast till soft. There is no set time of breastfeeding. Burp baby then offer the second breast.

## Hold Off on a Pacifier

Giving your baby a pacifier too soon might interfere with breastfeeding, since sucking on a breast is different than sucking on a pacifier.

## Gauge Your Success

You should feel a gentle pulling sensation.

Your breasts should be softer and feel emptier after a feeding.

Babies should produce 6 wet diapers a day and stool should look yellow, seedy, and loose.



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## Take Care of Your Nipples

It's perfectly fine to let the milk dry naturally on your nipples after each feeding. The milk can soothe your nipples.

If using bra pads, change them often.



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## Make Healthy Lifestyle Choices

- Eat a healthy diet.
- Drink plenty of fluids.
- Rest as much as possible.
- Continue prenatal vitamins.
- Be cautious of medications.

## Give it Time

Try not to get discouraged if it's not what you expected.

It's okay to have a slow start. Just remember that the more times you breastfeed, the more milk your breasts will produce.

Ask a lactation counselor or your pediatrician if you need help.



## 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