

TIP SHEET: **Breastfeeding**

Ages Affected: Birth – Toddlerhood

Breastfeeding can make you feel closer to your newborn and baby and secures special bonding time for the two of you while also giving him the nutrients he needs.

Here are a few tips to help you:

General Tips:

- Always eat a variety of foods such as fruit, vegetables, whole grains, protein and low fat products. Drink lots of water to satisfy your thirst and limit coffee, tea, cola, energy drinks and other drinks with caffeine. Alcohol passes into breast milk. So, limit beer, wine and other alcoholic drinks.
- Breast milk is all your baby needs for the first six months. You can consider introducing soft solid foods after this age.
- Make enough time for you – get enough sleep and eat well so you have energy. Try getting to bed at a decent hour as often as possible. Taking good care of yourself means taking good care of your baby.

Newborns from Birth to 1 Month Old:

- Newborns are born to breastfeed. With a little help, your baby will follow his natural instincts.
- Newborns have small stomachs, about the size of their fist. They will need to breastfeed 10 or more times within a 24-hour period. You will know if he is getting enough milk if he has at least five wet and three dirty diapers per day, is satisfied after every feeding and is gaining weight. Your baby will be weighed at each doctor's visit. This is the best way to track his weight.
- Experiment with different breastfeeding positions and techniques to find a comfortable position for you and your baby. Try sitting in your favorite chair with arm rests and holding your baby in different

positions until you find one that works for both of you. Always make sure your hand supports his head. If you breastfeed lying down, support his head with a pillow.

- Keep a positive attitude! Use this time to learn how to latch your baby on to your breast. Latch-on is the way the baby attaches to the breast. Following good latch-on practices will ensure your baby gets enough milk and you avoid getting sore nipples.

Babies Age 2 Months – 12 Months:

- It may seem like your baby is hungry all the time. It is okay if your baby wants to nurse more often, even if it is every 30 or 60 minutes, and wants to nurse longer after each feeding. Expect your baby to breastfeed more often when he is growing quickly, around 6 weeks and 3 months of age. It is okay if you find it difficult to find time to meet your baby's increased feeding needs. This is only a temporary adjustment. Try delegating other responsibilities to family members to make more free time for yourself and feeding time.
- Be prepared to be flexible and okay with change. Returning to work can be a hard transition, especially if you are breastfeeding and pumping milk. Stay flexible when you are planning your return to work and managing working and breastfeeding. Your needs will change, and so will your baby's naturally over time.
- Don't forget to read the instructions that come with your breast pump. This is one of the best sources of information. Ask a lactation consultant if you are having any problems.
- Choose a pump that you are comfortable with that fits your needs. A good-quality electric pump or a higher quality pump can mean spending fifteen minutes vs. twenty to thirty minutes pumping milk.

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- Pump for at least five to ten minutes every day, even if you do not have time for a full session of pumping. Try setting up a pumping schedule to make the most use of your time.
- Start pumping milk to store in the freezer before you leave for work in the morning. You will be more at ease knowing she has milk and you don't have to worry about pumping while you are at work.
- Talk to your employer or supervisor about how you are most comfortable pumping milk while you are at work. Look for a space that is comfortable for you and fits your needs, like a quiet, private space. Ask women who have pumped at work for their recommendations.
- Prepare for your day the night before: organize your baby's bag, prepare bottles of milk, clean your breast pump so it is ready to go and pick your clothes. Choose clothing with loose-fitting blouses to hide any leaks at work. Two-piece clothing options might make pumping easier and more accessible.
- Ask friends, family or the nursery school if they are comfortable taking care of breastfeeding babies. Provide them with specific written and verbal instructions on how to thaw frozen milk so the caretaker can focus on your baby, not the bottle. Be specific on how you want your friend or family member to take care of your baby while you are work: held for all feedings, picked up every time she cries or fusses and what to use when she wants to suck for comfort. You are in charge of making the decisions.
- There are also significant emotional and physical benefits to long-term breastfeeding for your toddler. If your toddler is sick, breast milk may be the only thing he can keep down. You'll feel better too, knowing that you're helping him fight off the illness.
- As your toddler becomes more independent, breastfeeding can be an important source of reassurance and emotional support. The strong connection your child feels with you while breastfeeding will foster independence, not make him overly dependent or clingy as some may have you believe.
- When your baby stops breastfeeding and gets all of his nutrition from sources other than the breast, he's considered weaned. Weaning is a long goodbye — emotional, sometimes painful and freeing feeling for you at the same time. You're the best judge of when it's time to wean your toddler, and you don't have to set a deadline unless you and your child are ready to do so.

Toddlers Age 12 Months to 36 Months:

- Breastfeeding beyond the first year is normal, healthy and common. Even though your toddler is probably getting most of his nutrition from solid foods; breast milk still provides calories, valuable immunities, vitamins and enzymes.