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## 10 Easy Breastfeeding Tips

1. Let your doctor know you plan to breastfeed.
2. In the hospital, let the nurses know you will be breastfeeding.
  - Ask them to help you get started.
  - Tell the nurses you want your baby to have only breastmilk (no bottles or pacifiers).
  - Have your baby in your room, even at night (not in the nursery) so you will know when your baby is hungry.
3. Nurse early.
  - Your baby will be most alert in the first hour after birth, so nurse then.
  - Your breasts will make small amounts of colostrum, which is rich in nutrition and protects your baby from sickness. This is normal and is all your baby needs for the first few days.
4. Nurse often.
  - Nurse every 1 ½ - 3 hours. This gives you both practice and allows your baby to get your colostrum.
  - Your baby will breastfeed 8-12 times in 24 hours.
  - The more often you nurse, the more milk you make.
5. Watch your baby.
  - Baby is hungry when he starts moving around, smacks his lips, or sucks his hands.
  - Try to nurse your baby before crying; babies are hard to feed when they are mad or frustrated.
6. How do you know your baby is getting enough?
  - Your baby has 6-8 wet diapers and 4 or more messy diapers in 24 hours. (Dark stool already passed)
  - You can hear or see your baby swallow when he breastfeeds for about 10 minutes on each side (or about 20 on one side)
  - You nurse every 1 ½ - 3 hours; that is about 8-12 times in 24 hours. Your baby gains about 4-5 ounces a week.
7. Take care of yourself.
  - Choose a comfortable position to breastfeed. You may want to use pillows or have a special place to nurse.
  - Rest whenever you can; nap when baby naps.
  - Drink when you are thirsty; eat when you are hungry. Enjoy the foods you like.
  - Encourage support from friends and family. Let them help out while you breastfeed.
9. Call your doctor or WIC breastfeeding counselor.
  - It is normal to have questions and ask “Am I doing it right, do I have enough milk?” You are not alone.
  - WIC Breastfeeding Peer Counselor:  
Name: \_\_\_\_\_  
Phone Number: \_\_\_\_\_
10. Enjoy your baby!