

Helpful Breastfeeding Tips

Get off to a great start!

- Breastfeeding takes practice. Be patient, relax and enjoy your baby.

Get comfortable.

- Have a relaxing place to nurse. Lean back and put your feet up.

Choose a good position for your baby to nurse.

- Support your baby's neck and body at the level of the breast.
- Help your baby latch onto your nipple.

Know a good latch.

- Your baby should have a wide open mouth to surround the tissue of the nipple/areola.
- You hear swallowing and breathing while your baby is breastfeeding.
- Breastfeeding should not be painful. If it is, seek help from your doctor or call:
 - Orange County Breastfeeding Coalition **1-714-202-0258**
 - Orange County Health Care Agency Nutrition Services/WIC Program **1-714-834-8363**

Signs of a good milk supply:

- Your baby should have:
 - One bowel movement within the first 24 hours of birth.
 - Two bowel movements when your baby is 1-2 days old.
 - Three bowel movements when your baby is 3-5 days old.
- Your breasts feel softer after feeding.
- Your baby is gaining weight.

How do I know if my baby is hungry?

- Your baby is awake, licking or sucking on hands, looking for the breast. Crying can be a late sign of hunger.

How often should I feed my baby?

- Feed your baby when hungry (feed on demand).
- Feed your baby 10 or more times in a 24-hour period.

How long should I breastfeed my baby?

- Breastfeed for at least 6 months. After 6 months, slowly add solid foods to your baby's diet, along with breastfeeding. Continue to breastfeed throughout the first year.

How can I protect my milk supply?

- The more you breastfeed, the more milk you will make.
- Avoid feeding your baby liquids other than breast milk (this includes formula, water and/or teas) unless advised by your health care provider.

