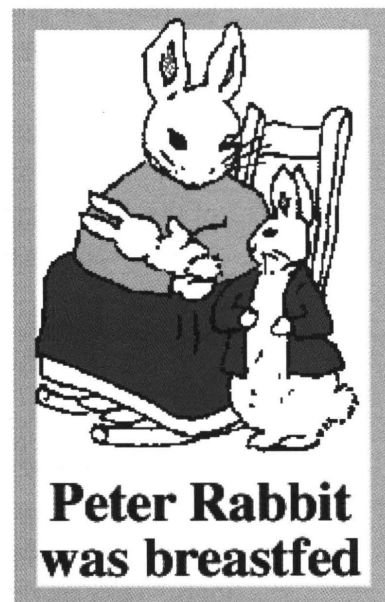


Guess Who Breastfed

Put a mark in front of the people you think either breastfed their babies or were breastfed.

- Cindy Crawford, supermodel
- Karenna Gore Schiff, Al Gore's oldest daughter
- Anita Baker, singer
- Lindsay Frost, actress on CBS's "As the World Turns"
- Erykah Badu, singer and actress
- Faith Hill, singer
- Elle McPherson, supermodel
- Michael Jordan, star player of professional basketball
- Chris Everett, former tennis star
- Abraham Lincoln, 16th president of the United States
- Margaret Thatcher, former prime minister of England
- Madeline Albright, former Secretary of State
- Hillary Rodham Clinton, congresswoman and former First Lady of the United States
- Demi Moore, actress, starred in the movies "Ghosts" and "Disclosure"
- Jayne Kennedy, actress
- Tanya Tucker, country music singer
- Celine Dion, singer
- Mary Lou Retton, gymnast, Olympic gold medalist
- Arcelia Garcia, grandmother of 13 when she gave birth to triplets



Did you know that Peter Rabbit was breastfed?

VIRGINIA POLYTECHNIC INSTITUTE
AND STATE UNIVERSITY LIBRARIES

sources:

Eating Right is Basic (Third Edition), 1995. Michigan State University Extension

Famous People Who Have Breastfed, San Diego County Breastfeeding Coalition, July 2002, www.breastfeeding.org/bfacts/famous.html

Celebrity Update: A Roundup of Famous Breastfeeding Moms, Breastfeeding.com, July 2002, www.breastfeeding.com

* Graphic courtesy of *Thoughts on Breastfeeding* by Katherine Dettwyler, PhD, July 2002, www.prairienet.org/laleche/dettwyler.html

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Feeding Your New Baby

Helpful Hints for Breastfeeding

Getting started

- You don't have to do anything special to get ready for breastfeeding.
- Breastfeed your baby as soon after birth as you can.
- Have the hospital staff help you.
- Baby should "latch on" by taking most of the darker skin around the nipple. Sucking just on the end of the nipple can cause soreness.

Settling in

Breastfeed whenever your baby seems hungry, not by a schedule. New babies should nurse at least every two to three hours. They might nurse 10 to 12 times a day.

When your milk changes, or "comes in" (about 3 to 5 days after birth), your breasts might feel very full. If your baby has trouble latching on, try pumping or hand expressing some milk out first, or place a warm, soothing washcloth on your breast before nursing.

Your newborn is getting enough breastmilk if she...

- nurses 8 to 12 times a day and you hear rapid swallowing,
- has 6 to 8 wet diapers a day,
- has at least two dirty diapers a day,
- is gaining weight.

When your baby goes through a growth spurt and seems more hungry, nurse more often. Soon you will make more milk.

If you have any questions, call your health care provider.

If you go back to school or work, you can still breastfeed!

- Introduce a bottle once breastfeeding is going smoothly.
- Express your milk so it can be fed from a bottle. (Breastmilk will keep in the refrigerator in a clean container up to five days, or it can be kept frozen up to 3 to 4 months.)
- Or, breastfeed when you are home. Use formula when you are away.

