

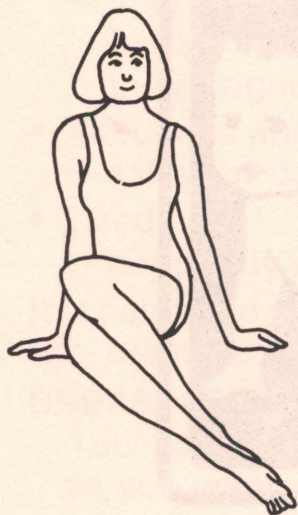


BREASTFEEDING GUIDE

5655
A762
no. 348-
172
VPI
Spec

For thousands of years breast feeding was the only way for a mother to feed her newborn baby.

Today, physicians and other health professionals encourage mothers to breastfeed their infants because

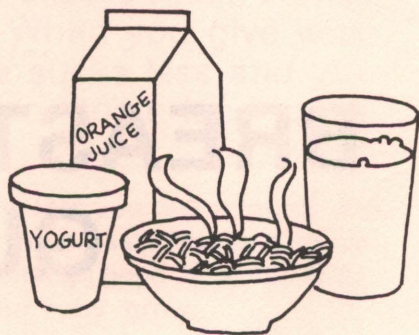


- Breast milk is made especially for baby's needs.
- It provides protection against some illnesses.
- It can prevent some allergies.
- There is less chance of over-feeding.
- Breast milk is always ready, at the right temperature, and there is no need to go shopping for it.
- Breastfeeding helps a mother return to her original shape.
- It can cost less than buying formula.

FOR A GOOD SUPPLY OF BREAST MILK . . .

A mother should:

- Drink lots of liquids
2-3 quarts each day
- Choose foods high in nutrients (vitamins, minerals, and protein) when hungry



TAKE CARE OF YOUR BREASTS

During pregnancy prepare your nipples for breastfeeding by:

- rubbing nipples with a cloth
- rolling nipples between fingers

During the months you are nursing, wash and dry your breasts several times a day. Avoid soaps because they dry out your skin.

Wear a bra that gives you the support you need. Nursing bras with flaps on the cups work well.



PROCEDURE FOR FEEDING

1. Relax
2. Hold your baby so that you can put your nipple in the baby's mouth.
3. Keep your breast away from your baby's nose.
4. After about 10 minutes put your little finger in the corner of your baby's mouth. This will separate your breast from the baby without hurting your nipple.
5. Burp your baby.
6. Give the baby your other breast and then burp again.
7. The next time your baby cries because he or she is hungry, start the feeding at the breast the baby sucked on last. Then give the baby the other breast.

ASK YOUR DOCTOR OR NURSE

If you take pills, tonics, drugs and alcohol it can change the amount and quality of your milk. Some doctors may ask you to give your baby vitamins or minerals.

EVERYONE HAS SOME PROBLEMS

- Sore nipples
 - do not wash with soap or alcohol
 - air dry them
 - apply creams such as pure lanolin or A & D ointment after feedings

- Breasts hurt from too much milk
 - with your hand remove the excess milk from your breast
 - you can freeze this milk for a time when you cannot feed your baby
 - your milk will be safe in the freezer for 2 weeks and in the refrigerator for 1 day



- Infections and fever
 - ask your doctor what to do
- Tired
 - get plenty of rest — your body needs it

It is helpful to talk with a friend or family member who has breastfed. They may have some helpful hints.

BREASTFEED FOR HOW LONG??

You can feed your baby breast milk for as long as you want. Try to breastfeed at least 6 months.

WHEN DOES THE BABY NEED OTHER FOOD?

After 4–6 months your baby should receive other foods besides breast milk. When you give your baby other foods he or she sucks less and your milk supply will decrease, so don't feed other foods too soon.

REMEMBER: It will take a few days before you get a good milk supply. Keep putting your baby on the breast. This brings in the milk. Most mothers can provide enough good milk for their baby. Relax and enjoy watching your baby grow.

Virginia Cooperative Extension Service programs, activities, and employment opportunities are available to all people regardless of race, color, religion, sex, age, national origin, handicap, or political affiliation. An equal opportunity/affirmative action employer.

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, and September 30, 1977, in cooperation with the U. S. Department of Agriculture. Mitchell R. Geasler, Dean, Extension Division, Cooperative Extension Service, Virginia Polytechnic Institute and State University, Blacksburg, Virginia 24061; M. C. Harding, Sr., Administrator, 1890 Extension Program, Virginia State University, Petersburg, Virginia 23803.