

Breastfeeding Advice

for Nursing Mothers

Now that your baby has arrived, and you're beginning to breastfeed, here are a few things you should know:

Help with Breastfeeding:

- **Breastfeeding is the best way to feed your baby!**
- **Do not introduce artificial nipples, such as bottles or pacifiers, to your baby until he or she has learned to properly latch on to your breast, and has been successfully breastfeeding for a period of time.**
- Breastfeeding is not always as intuitive as you may think. It is a skill that takes practice. Don't get discouraged; it gets easier as you and your baby learn! Find a lactation consultant, support group, trusted friend or family member who can help, teach and encourage you!
- Don't let anyone discourage you from nursing your baby.
- Some women worry about their milk supply, and whether their baby is getting enough. If you're concerned, talk to a lactation consultant. Remember: your baby's stomach is only the size of his fist! It doesn't take much food to satisfy his hunger.
- You may continue taking a pre-natal vitamin while you are breastfeeding, to ensure that you are getting all the vitamins and nutrients your body needs.
- If you're uncertain of how to tell if your baby is getting enough to eat, you can tell by their diaper! A healthy baby has about six wet diapers and 3 bowel movements a day for the first month. If you're still uncertain, talk to your lactation consultant or doctor.
- **Don't compare your baby's growth, weight, feeding habits or appetite to that of a formula fed baby!**
- Breastfeed your baby on demand. Look for your baby's feeding cues, such as opening his mouth, or sucking on his hand.

Important Facts to Remember:

- You are legally allowed to breastfeed your baby anywhere that you are allowed to be, whether it's public or private—even if your nipple is incidentally exposed. No one can ask you to stop, cover up, move somewhere else or leave.
- It is your legal right to pump your breast milk while at work. Your employer must let you use your paid breaks and your meal times, as well as provide you with reasonable unpaid break time to pump for up to three years

after the birth of your child. Your employer must also provide you with a private space to pump your breast milk. This private space cannot be a bathroom.

- An occasional glass of wine or beer just after breastfeeding is okay, but wait a few hours before breastfeeding again. When alcohol leaves your body, it also leaves your milk—no need to throw your milk out.
- Mothers should not breastfeed if they use illegal drugs or are HIV+.
- You can breastfeed even while taking most medications, but always check with your doctor or breastfeeding specialist first. Your health care provider can call this number to find out if your medications are safe for your baby: (585) 275-0088.
- If you smoke, wait until after a feeding. Do not smoke right before or during a feeding, as babies exposed to smoke have a higher risk of Sudden Infant Death Syndrome (SIDS).
- Remember: your baby does not need solid foods until he is six months old! Babies do not need juice!

Your Special Nutrition Needs

- While breastfeeding, you may need a few extra calories to help keep up your strength. Make sure you continue to eat a healthy diet, rich in vitamins and nutrients. Talk to your health care professional about your diet or visit the USDA website on Health and Nutrition Information for Pregnant and Breastfeeding Women www.choosemyplate.gov/pregnancy-breastfeeding.html
- You will be thirstier than usual so drink plenty of water, and other healthy beverages, but mainly water. Drinking a glass of water each time you breastfeed will help you stay hydrated, in addition to drinking healthy beverages with meals throughout the day.

