

Your Guide to

BREASTFEEDING

Getting the
Best Start
Possible

Making
Enough Milk
for Baby

Getting a
Good
Latch



Contents



p. 3 Introduction

p. 4 Basics of Breastfeeding

- How do I get breastfeeding off to the best start?
- How does my body make milk?
- How often does my baby need to eat?
- How do I latch my baby?
- How do I hold my baby to breastfeed?

p. 9 Milk Supply 101

- How do I know my baby is getting enough milk?
- When should I be concerned?
- Any other tips for success?

p. 13 Breastfeeding Multiples

- Can I make enough milk for more than one baby?
- How can I breastfeed my babies at the same time?
- How can other people help me with feeding?
- What if my baby and I are separated?

p. 15 Getting Help

- Where can I find breastfeeding help?

Introduction

Breastmilk provides complete nutrition for your baby and helps protect him from illness and sudden infant death syndrome (SIDS). Also, it lowers his risk of becoming overweight or getting type 2 diabetes later in life, and protects against some types of cancer.

Breastfeeding is good for you, too. It lowers your risk of breast cancer, ovarian cancer, heart disease and diabetes.

But there is more to breastfeeding than just the health benefits. Babies go to the breast not just for food, but also for comfort, love and snuggle time. We would like to help you on your breastfeeding journey by teaching you the basics and providing resources if you need help.



Basics of Breastfeeding

How do I get breastfeeding off to the best start?

Your baby will breastfeed more easily and more often when held in a skin-to-skin position. Skin-to-skin holding also helps raise your level of milk-making hormones to give your milk supply a boost.

In a skin-to-skin position, you can easily see your **baby's hunger cues**, which include:

- Opening and closing his mouth.
- Putting his hands to his mouth and sucking on them.
- Picking his head up and turning it side-to-side.
- Moving toward your breasts.



You'll know your baby is done eating by watching for his **fullness cues**.

A full baby will:

- Suck more slowly or stop sucking.
- Turn away from the breast.
- Relax his hands and arms.
- Fall asleep after he has breastfed well.

How does my body make milk?

Your body starts making milk when you are around 16 weeks pregnant. This early milk is called colostrum and will be there when your baby is born. For the first few days after birth, your body makes small amounts of colostrum to fill your baby's tiny tummy.

Your milk supply is based on your baby's demand. As your baby breastfeeds, your body receives a signal to make milk. The more often your baby breastfeeds, the stronger the “**make milk**” signal becomes, and the more milk you will make.

Three to five days after your baby is born your breasts will change as your milk supply increases. They will feel heavier, larger, warmer and fuller. You may notice milk leaking and hear your baby swallowing when he breastfeeds.





How often does my baby need to eat?

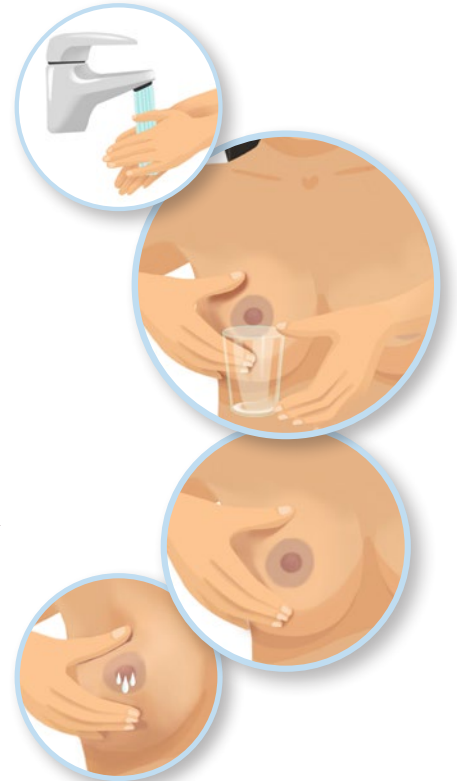
- Babies need to eat 8-12 times in 24 hours.
- Breastfeed any time your baby shows signs of hunger.
- Watch for your baby's hunger and fullness cues and not the clock.
- The time he spends at the breast might change with each feeding.

Visit [BreastmilkCounts.com](https://www.breastmilkcounts.com) more information.

If for any reason you are separated from your baby, you can express your milk by using your hands.

To hand express breastmilk:

1. Wash your hands.
2. Use a clean container with a wide opening or a spoon to collect your breastmilk.
3. Hold the container under your nipple. Hold your other hand in a "C" shape and place your fingers 1-2 inches back from your nipple.
 - a. Press your finger and thumb toward your ribs.
 - b. Squeeze gently and catch your milk in the cup.
 - c. Relax your hand.
 - d. Repeat the process. Press in, squeeze gently, relax and repeat.
4. It may take a few minutes before you see any breastmilk.
5. Ask a nurse or lactation consultant to help you express and feed your breastmilk to your baby.



How do I latch my baby?

Getting a deep latch can help keep you comfortable and prevent pain. Follow these steps to latch your baby.



Hold your baby so that his nose is lined up with your nipple.



Touch your baby's upper lip with your nipple and wait for him to open his mouth wide, like a yawn.



Quickly bring your baby deeply onto your breast. When he sucks you should feel a pull-tug sensation, but no pain.



If you feel pain or pinching, slide your finger into the corner of his mouth to break the suction and try again.

With time and practice, you will both be experts very soon! It is normal to feel sore and tender for a few days, but breastfeeding should never be painful.

If you are having trouble with latching, ask your WIC breastfeeding expert for help.

How do I hold my baby to breastfeed?



Cradle and Cross-Cradle Holds

- Lay your baby across your front, tummy to tummy with you, and with his nose across from your nipple.
- In the cradle position (left), your elbow will hold your baby's head, and your opposite hand will support your baby's bottom.
- In the cross-cradle position (right), your hand will support your baby's head.



Football Hold

- Lay your baby under your arm at your side with his tummy turned in toward you, and his nose across from your nipple, like you would hold a football. This position allows you to hold the baby's head and help them latch.



Laid Back Hold

- Lie back in a reclined position and place your baby between your breasts.
- Your baby will move toward your breast and latch on.
- Help your baby in whatever way feels natural.



Side-Lying Hold

- Lie on your side with your knees bent.
- Lay your baby on his side, facing you, with his nose across from your nipple.
- Support your baby by placing your arm, a pillow or a rolled-up blanket behind him.











Milk Supply 101

How do I know my baby is getting enough milk?

There are three main ways to know if your baby is getting enough milk.

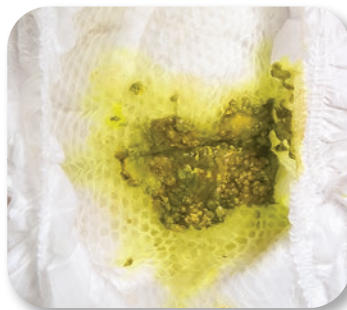
- 1. Diaper count.** For the first few days after birth, keep track of your baby's diapers. This chart will help you see how many wet and poopy diapers your baby should be producing every 24 hours.
- 2. Weight gain.** It is normal for babies to lose weight over the first few days of life. Once you notice an increase in your milk supply between days three and five, your baby will start gaining weight. Your baby should be back to his birth weight by the time he is 14 days old.
- 3. Baby's satisfaction.** A baby who is getting enough to eat will show fullness cues at the end of each feeding. (See fullness cues on page 4.)

Baby's average diaper output in the first four weeks:

Your baby's age	1 Day	2 Days	3 Days	4 Days	5 to 30 Days
How often should you breastfeed?	At least 8 but usually 10-12 times per day				
How many wet diapers?	 At least 1	 At least 2	 At least 3	 At least 4	 At least 6
How many dirty diapers?	 At least 1 black	 At least 2 black	 At least 3 dark green	 At least 3 dark green	 At least 3 yellow and seedy



Day 1-2



Day 3-4



Day 5+

When should I be concerned?



You should call your baby's doctor if your baby:

- Has less than three wet diapers and three poopy diapers a day by day three.
- Still has black or dark green poop on day three.
- Has less than six wet diapers and four poopy diapers a day by day six.
- Does not have yellow poop by day five.
- Will not wake up to eat at least eight times a day.
- Shows hunger cues around the clock and never seems full.
- Is not back to his birth weight by day 14.
- Sleeps more than six hours in a row without waking.
- Falls asleep or stops nursing right after he latches on.

After calling your baby's doctor, call your local WIC office or the Texas Lactation Support Hotline at 855-550-6667 to get help with breastfeeding. If your doctor has recommended formula, learn how to feed your baby a bottle in a way that protects breastfeeding.



It is recommended that you feed your baby only breastmilk for the first 6 months and continue along with solid foods for 2 years or longer. This can be done not only by feeding him from the breast, but also by putting your breastmilk in a bottle.

For more information, please scan the QR code to read:

**Bottle-Feeding Your Breastfed Baby:
A Guide for Success**



Any other tips for success?

- **Give yourself and your baby time to learn how to breastfeed.** It takes most moms a few weeks to feel confident about breastfeeding.
- **Accept help from friends and family.** Friends and family can help with things like cooking, laundry and cleaning.
- **Get as much sleep as you can.** Try to sleep whenever your baby is sleeping. Have friends and family help by holding your baby while you take a nap.
- **Eat healthy foods and drink to thirst.** You will need about an extra 500 calories per day to make milk for one baby, 1000 calories per day if you have twins, and 1500 extra calories a day if you have triplets. Breastfeeding can make you thirsty, so be sure you always have water nearby.
- **Talk with your loved ones.** The early weeks of caring for your baby can be hard. It is good to talk about challenges, lean on others for support and ask for help when you need it. If you are feeling sad, anxious or depressed, make sure you talk to your doctor.



Breastfeeding Multiples

Can I make enough milk for more than one baby?

Because you make milk on a supply and demand basis, the more babies you breastfeed, the more milk you will make.

Two babies sending the “make milk” signal will tell your body to make enough milk for two babies. And three babies sending the signal will tell your body to make enough milk for three babies.



How can I breastfeed my babies at the same time?



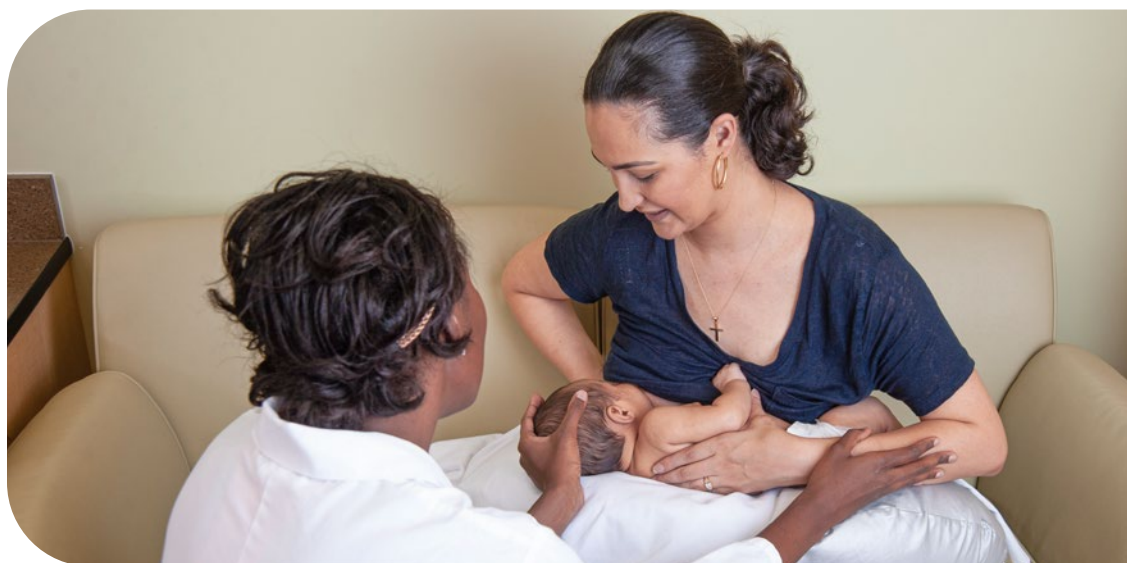
- It usually takes a few weeks before moms feel confident nursing their babies together.
- To start, breastfeed your babies one at a time to give you an idea of each baby’s feeding style.
- Later, put both babies to your breasts so you can practice which positions might work best.
- With time and practice, feeding your babies together will get easier.

How can other people help me with feeding?

A support person can help hold your babies at the breast, make sure you are comfortable, and burp and settle the babies when they are done. If you have more than two babies, a helper can hold the third baby while the other babies breastfeed. You may also choose to feed your babies one at a time and have someone feed your other baby breastmilk in a bottle.

What if my baby and I are separated?

Sometimes twins and triplets are born before their due date and are too small to breastfeed. Until your babies are big enough to breastfeed, you can pump your milk for them. Call your insurance provider or WIC to get a breast pump. Most babies who are born early learn how to breastfeed with time and practice.



Getting Help

Where can I find breastfeeding help?

- Call the 24/7 Texas Lactation Support Hotline at **855-550-6667**.
- Find your local WIC office at **TexasWIC.org**.
- Visit **BreastmilkCounts.com**.

For more information visit:

BreastmilkCounts.com/breastfeeding-101/need-help/.

BREASTFEEDING is worth the effort.

WIC's expert breastfeeding support includes lactation consultants, peer counselors, breastfeeding classes and a statewide hotline. WIC clients get healthy food, too!



SCAN ME

WIC can help from pregnancy through age 5.

Apply online at **TexasWIC.org**.





Breastfeeding can be challenging at first, but it gets easier with time, practice and support. Take good care of yourself. Take it one day at a time. Feel proud of your efforts and reach out for help if you need it.



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