

# BREASTFEEDING

## BREAST MILK: THE BEST SOURCE OF NUTRITION FOR BABY

Congratulations on deciding to give your baby human milk! Breastfeeding can be hard in the beginning. Your lactation consultant (breastfeeding specialist) and pediatrician can help you succeed. It is the perfect food for your baby and constantly changes based on baby's growth and needs.

- Feed only breast milk to your baby and then add complementary foods at 6 months.\*
- Breast milk protects mom and baby's health long term.
- It's free and convenient.
- Mom can breastfeed for two years and beyond.
- It creates a lifetime bond between mom and baby.
- Some breast milk is better than none. If you have trouble with milk supply, talk to your pediatrician about feeding options.
- Early breastfeeding may cause some discomfort as mom and baby learn to latch deeply. If pain persists, help is available through your lactation consultant or pediatrician.

*\*Talk to your doctor before introducing water, juice, formula, cow's milk, or plant-based milk.*

## SIGNS OF HUNGER:

- Flexes fists
- Sucks on fist
- Smacks lips
- Makes fussy sounds
- Turns head
- Restless after waking
- Crying (a very late hunger cue – look for signs above for feeding)

## SIGNS OF FULLNESS:

- Relaxes
- Closes lips
- Stops sucking
- Spits nipple out
- Turns head away

## TIPS FOR MAKING ENOUGH MILK

- Feed baby often (8-12 times per day in the beginning).
- Get comfortable! The more relaxed mom is, the easier the milk comes out.
- Stay hydrated with water and eat healthy snacks (an extra 500 calories per day may be needed).
- The more milk is removed from the breast, the more milk is made.

**For breastfeeding questions or support,** call the free 24/7 Ohio Statewide Breastfeeding Hotline at 1-888-588-3423 or text "BFHOTLINE" to 839863.



Clutch or "football" hold



Laid-back or straddle hold



Cross-cradle or transitional hold



Cradle hold



Side-lying position

<https://wicbreastfeeding.fns.usda.gov/5-breastfeeding-holds-try>



**For more information, please visit:**

<https://ohioaap.org/education-cme-moc-ii/preventive-health-program/>