



Breastfeeding

CONGRATULATIONS on starting your feeding journey providing human milk! It is the perfect food for your baby and constantly changes based on baby's growth and needs!

Fast Breastfeeding Facts

- If breast milk can be provided, it should be your baby's only form of nutrition until they are 6 months old.
- Breast milk protects you and your baby's health throughout their first 1000 days of life and beyond.
- Breastfeeding can stop your baby from getting very sick and having to go to the hospital, and lower the risk of sickness and death for you and your baby.
- Breastfeeding is free and requires little to no materials.
- It is easy to feed baby at night and during travel or emergencies.
- Breast milk is encouraged for two years or longer.
- Some breast milk is better than none; do what you can to breastfeed your baby.

Know That:

- Many parents start breastfeeding and meet challenges. Addressing these challenges early is important!
- There is a team to help you reach your feeding goals, including your pediatrician and lactation consultant.
- 24/7 Statewide Breastfeeding Hotline
Call 888-588-3423 or text BFHOTLINE to 839863



What to Expect:

- The feeding relationship is new for you and your baby.
- No two babies will be the same.
- Feeding is a learned skill and can be hard.



Signs of a Good Latch:

1. The latch is comfortable and pain free.
2. Baby's chin touches your breast.
3. You see or hear swallowing.

<https://wicbreastfeeding.fns.usda.gov/steps-and-signs-good-latch>



Breastfeeding Positions



Cradle hold



Cross-cradle hold



Football hold or Rugby hold



Side lying position



Reclining position

<https://www.unicef.org/parenting/food-nutrition/breastfeeding-positions>

**Ohio AAP PMP
Mobile App**

Search Parenting at
Meal and Playtime on Apple
Store or Google Play



App Highlights...

- Physician-endorsed materials for parents to access on-demand
- Resources for parents organized by age
- Text reminders sent monthly and/or for age milestones
- Easy sign-up
- Videos on feeding, play, nutrition and more

