

## Babies are meant to be breastfed.

Breastfeed often during the first month... then you will have a good supply of breastmilk for your baby.

Breastfed babies eat often – 8 to 12 times every 24 hours.

Breastmilk is so easy to digest and goes through his little tummy faster than formula.

Your body is always making breastmilk.

You do not have to wait between feedings to have more milk for your baby.

## Will I have enough breastmilk?

**Yes!** Watch your baby for these signs:

- ♥ Your baby breastfeeds 8 to 12 times every 24 hours.
- ♥ Your baby has at least 6 wet diapers and 2 to 5 bowel movements each day after the first week.
- ♥ You can hear and see your baby swallowing milk.
- ♥ Your breasts feel full before nursing and feel soft after nursing.
- ♥ Your baby seems satisfied after nursing.
- ♥ Your baby is growing at a normal rate – weigh your baby at his clinic visits.



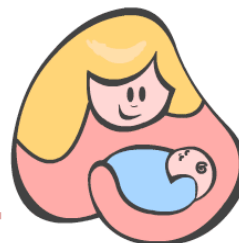
## Hungry Baby?

It is best to feed your baby on demand. Your baby will go through growth spurts and have days when he is hungrier.

And there will be days when he is not as hungry.

Spend time with your baby – learn how your baby tells you that he is hungry and full:

- ♥ **Your baby may cry when he is hungry.** Not all cries mean hunger. Sometimes your baby may cry when he is tired, need a diaper change or just wants to be cuddled.
- ♥ **Your baby may not cry when he is hungry.** He may suck on his hands or make sucking motions.
- ♥ **Your baby may be full when he falls asleep, spits out the nipple, plays with the nipple or stops sucking on the nipple.**



If you have concerns about how often your baby eats, talk to your health care provider.

## Mixing Formula

- ♥ **Keep everything clean.** Wash the top of the can of formula before you open it. Wash your hands before you mix the formula.
- ♥ **Wash bottles and nipples in hot soapy water.** Use a bottle brush to scrub the inside of the bottles. Rinse well with hot water.
- ♥ **Use safe water to mix formula.** Ask your local health department if your tap water is safe to use for your baby. If you are unsure about the safety of your water, use bottled water.
- ♥ **Use the directions on the label to mix the formula.** Do not add extra water – this can make your baby sick.
- ♥ **Put formula in the refrigerator until you use it.** Use mixed formula within 48 hours.
- ♥ **Warm a bottle of formula in a dish of hot water.** Do not microwave formula. The formula can have hot spots from the microwave that may burn your baby's mouth.

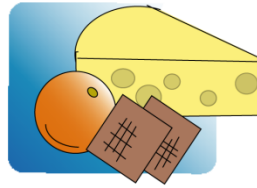


## Bottle Feeding

- ♥ **Hold your baby while he is drinking a bottle.** Your baby loves to watch you while he is eating. Your baby could choke or have ear infections if his bottle is propped.
- ♥ **Put your baby to bed without a bottle.** It will be easier to wean later from the bottle.
- ♥ **Throw away leftover formula after a feeding.**
- ♥ **Throw away formula that is out of the refrigerator for more than 1 hour.**
- ♥ **Use bottles only for formula or breastmilk.** Do not put soda pop, juice or flavored drinks in bottles.

## Morning Sickness

It is common to feel nausea when you are pregnant.



You may feel sick in the morning, in the evening, or even all day long. You will probably feel better after the first 3 or 4 months.

### Here are some tips to help you feel better:

- ✗ **Eat often.** You may feel better if you eat small amounts of food often during the day. Try to eat 3 small meals and 2 to 3 small snacks during the day.
- ✗ **Rest.** You may feel worse if you are too tired. Take a mid day nap if you can. Go to bed earlier in the evening.
- ✗ **Limit or avoid stress.** You may also feel sick if you are stressed. Ask others to help you avoid stress.
- ✗ **Eat foods that sound good to you!**
- ✗ **Try eating sour foods.** Sour or tart foods may help reduce the nausea. Try lemonade or other sour foods.
- ✗ **Try eating salty foods.** A small amount of pretzels or chips may help reduce the nausea.
- ✗ **Drink fluids between your meals.** Drink often, especially if you are vomiting. Drink juice, skim or 1% milk and water.
- ✗ **Eat fewer fatty foods.** Limit the fried foods, fried meats, gravy, bacon, sausage, pizza, donuts and whole milk. Drink skim or 1% milk.
- ✗ **Avoid the smell of cooking foods if it bothers you.** Turn on the fan when you are cooking. Open a window. Ask someone else to cook. Eat meals and snacks that don't need to be cooked.