

TIPS FOR BREASTFEEDING

1. The more often you feed, the more milk you make. If you give formula, your body will make less milk.
2. The American Academy of Pediatrics (AAP) recommends that your baby have a diet of only breastmilk for the first 6 months, no other food or drink is needed.
3. Feed early and often. Feed at the earliest signs of hunger: if baby's awake, sucking on hands, moving his mouth or eyes.
4. Look and listen for signs of swallowing. This will help you know that your baby is transferring milk and getting enough.
5. Say NO to pacifiers and bottles in the first 4 weeks. Pacifiers may hide signs of hunger. The AAP recommends not to use a pacifier for the first month if you are breastfeeding.
6. Sleep near your baby and nurse laying down. Try nursing in a variety of comfortable positions.
7. Baby's mouth should be open wide like a yawn, with lips flipped out. Baby should be facing you directly, belly to belly, chest to chest, and his chin should touch the breast. Proper positioning is important. If you're having trouble get help.
8. Feed your baby on demand when hungry, and switch sides when swallowing slows down or he takes himself off the breast.
9. Plan to take your newborn everywhere with you for the first several weeks.
10. Ask for help. If you wait too long to get the help you need, it may be harder to breastfeed. Stick with it – it's worth it!

BREASTFEEDING RESOURCES:

Chenango County Health Department and the
Baby Nook lactation Room & Weigh Station
607-337-1660
Delaware County Health Department
607-832-5200
Mothers & Babies Perinatal Network
1-800-231-0744
UHS Chenango Memorial Maternity Unit
607-337-4145
UHS Chenango Memorial Women's Health
607-337-4218
WIC - Greater Opportunities
607-336-4324

If you have questions about **BREAST PUMPS** you may call WIC or UHS Maternity. Contact your insurance company before purchasing a pump.



Mission Statement:

To improve the health of our community by working in partnership to encourage, promote, and support breastfeeding in Chenango County

Breastfeeding Partners of Chenango County

*Do you have questions
about breastfeeding
or need support?*



*Help is available to you
at NO COST right here in
Chenango County.
We may even be able to
come to you.*

Even if you breastfeed for a short time, you and your baby will benefit.

♥ Breastmilk is the perfect food for your baby. It protects against diseases, allergies, and illnesses. It is easy to digest so there are less issues with gas, bloating, or other feeding problems.

♥ Exclusive breastfeeding for 6 months (no formula) has long term health benefits for both mom & baby.

♥ Helps mom heal faster

♥ Colostrum is the “liquid gold” that baby eats for the first few days. It is full of antibodies and other important things to protect baby from illnesses.

♥ Uses up extra calories, making it easier for mom to lose weight.

♥ Lowers risk of breast and ovarian cancers and osteoporosis.

♥ Saves time and money. Breast milk is FREE and always ready to go.

♥ Helps mom bond with the baby and requires relaxing time together.

Breastfeeding is going well when:

- * Your baby nurses at least 8 times in a 24 hour period—about every 2-3 hours for at least 10 minutes. It is normal for the baby to need to feed more frequently at times.
- * Your baby is having at least 6-8 wet diapers per 24 hours by the time he or she is 5-7 days old.
- * Your baby is having 3-5 (or more) yellow, loose bowel movements per day by the time he or she is 5-7 days old.
- * You can see and hear your baby sustain sucking and swallowing while nursing.
- * Your full breasts are softer after the baby nurses.
- * Your baby is content after nursing.
- * Your nipples are not sore throughout the feeding, or cracked/bleeding.

Call for breastfeeding help when:

- * Your baby does not sustain at least 10 minutes of rhythmic sucking and swallowing at least 8 times in a 24-hour period.
- * Your baby is restless during feedings and keeps pulling away from the breast.
- * Your baby is irritable after nursing and cannot be contented by nursing.
- * Your baby is very lethargic, sleepy, and not waking for feeding: or cannot be kept awake long enough to feed adequately.
- * Your baby is having fewer than 3 bowel movements, and/or fewer than 6 wet diapers per day by one week old.
- * Your baby’s color is pale, blue or yellow.
- * You do not see or feel any evidence of milk production within 3-5 days such as fullness, leaking of milk, or obvious infant swallowing.
- * You have very sore nipples that are painful throughout the feeding, or nipples that are bleeding.

REPUTABLE ONLINE RESOURCES:

www.health.ny.gov
www.womenshealth.gov
www.kellymom.com
www.everymother.org
www.babygooroo.com
www.nysbreastfeeding.org
www.milkbankne.org
www.cdc.gov/breastfeeding
www.surgeongeneral.gov
www.lalecheleague.org
www.ilca.org
www.breastfeeding.com
www.breastfeedingpartners.org
www.labor.ny.gov/workerprotection



IT'S THE LAW!

The NYS law states:

“A mother can breastfeed her baby in any location public or private.” Know your rights!