

Spring's Copy



# Why Should I Breastfeed?

Week 8-12

Visit #1

How you feed your baby is one of the most important decisions that you'll make. Evidence shows that breastfeeding is the best way to feed a baby. It is the ideal source of nutrition, promotes emotional development and provides health benefits. Your milk is custom made for your baby and includes antibodies that will help to protect your baby from illness and disease.

Studies prove that breast milk positively affects a baby's health for life!

## BREASTMILK BENEFITS

### YOU & YOUR BABY

Breastfeeding allows you to share your immune system with your baby to help them fight off any infections or illnesses they may be exposed to. Breastfeeding is also a great calorie burner. Mothers who exclusively breastfeed can burn as many as 600 calories a day, which may help you get back to your pre-pregnancy weight faster.



## BREASTMILK IS FREE

Infant formulas costs around \$20-30 per can. This can cost about \$1,200 - \$3,000 per year. If you need a specialty formula (for an allergy or intolerance) the price can shoot up to around \$50 per can.

Assistance programs, like WIC, offer supplemental infant formula when needed, but they do not provide all of the formula your baby will need.



## BREASTFEEDING PROMOTES BONDING

When you hold your baby skin to skin to breastfeed, you are bonding with your baby. This positive connection is repeated throughout the day and night when you are nursing your baby, building trust and love between your baby and yourself. Other family members can bond with baby by holding them skin to skin as well. This helps baby to cry less, keep their heart rate, breathing and temperature stable and breastfeed better!



## BREASTFEEDING HELPS TO

### KEEP YOU & YOUR BABY HEALTHY

Breastfeeding can lower your baby's risk of getting ear infections, diarrhea and other stomach illnesses. Breastfed babies tend to be hospitalized for illness less and need antibiotics less frequently. Breastfeeding can lower your risk of breast and ovarian cancers as well.



## WHERE CAN I LEARN MORE?

Your hospital offers prenatal breastfeeding classes and both in and outpatient lactation support. Visit [www.MGH.org](http://www.MGH.org) Women's Health page for class information and sign up.



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# Skin to Skin

Week 16

Visit #2

Holding your baby skin to skin will help them to transition to life outside the womb. Skin to skin promotes bonding and will help your baby to feel safe and protected. Skin to skin contact also helps your baby learn to breastfeed and encourages your body to make milk.

Skin to skin is important right after birth but is beneficial to you and your baby anytime. Continuing skin to skin throughout your hospital stay and once you've gone home is good for you and baby!

## SKIN TO SKIN HELPS YOUR BABY TO REGULATE THEIR BODY TEMPERATURE

Your body will help your baby to maintain their body temperature by warming your baby. This extra help with temperature regulation will help your baby to keep their blood sugar stable as well.



## SKIN TO SKIN HELPS BREASTFEEDING

Early skin to skin contact has been shown to encourage breastfeeding behaviors in babies. Skin to skin brings out baby's feeding cues and helps them to learn how to latch and suckle faster. Holding your baby skin to skin will help you to learn your baby's cues faster, which can lead to less fussiness and crying.



## SKIN TO SKIN PROMOTES BONDING

When you hold your baby skin to skin to breastfeed, you are bonding with your baby. This positive connection is repeated throughout the day and night when you are nursing your baby, building trust and love between your baby and yourself. Other family members can bond with baby by holding them skin to skin as well. This helps baby to cry less, keep their heart rate, breathing and temperature stable and breastfeed better!



## SKIN TO SKIN HELPS YOUR BABY TO KEEP THEIR HEART RATE AND BREATHING STABLE

As your baby transitions to life outside of your body, skin to skin contact can help your baby to regulate their breathing and their heart rate. Your baby will be comforted by hearing your heart beat and feeling the rhythm of your breathing, too.



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# COLOSTRUM

Week 20

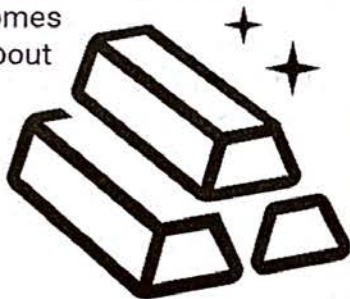
Visit #3

Colostrum is your baby's first milk. Your body starts producing it around 16-20 weeks of pregnancy so it'll be ready when your baby is born. Colostrum is important for your baby's immune system and contains everything your baby needs in the first few days of life.

Colostrum is liquid gold!

## COLOSTRUM COMES IN MANY COLORS

Colostrum can look clear, yellow or gold. It is a thick, sticky milk that is easy for your baby to practice swallowing. It comes in very small amounts (about a spoonful at a time) to perfectly fill your baby's small stomach.



## COLOSTRUM KICK STARTS YOUR BABY'S IMMUNE SYSTEM

Your colostrum is like your baby's first vaccination. It provides protection against things that could make your baby sick. It coats your baby's digestive system to prevent the invasion of germs and it also feeds your baby's healthy gut bacteria, which is the basis of your baby's immune system.



## YOUR BODY KNOWS HOW MUCH COLOSTRUM TO MAKE

Your baby's stomach is very small in the first few days of life. Your breasts will produce enough colostrum to fill baby's stomach at each feeding. Your baby will want to eat frequently, but won't need much milk at each feeding. If baby is fussy or sleepy, you can hand express your milk into a spoon and feed baby this way. Your baby will need about a spoonful and a half of your milk at each feeding during the first 24 hours of life.



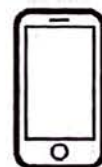
## COLOSTRUM CONTAINS EVERYTHING YOUR NEWBORN NEEDS

Colostrum contains high concentrations of fat, proteins, vitamins, minerals, white blood cells and immunoglobulins, which are germ fighting proteins. It also has laxative properties, which help baby to pass their first stools. Colostrum is the "power bar" of breastmilk! Within 3-5 days, your milk will begin transitioning to mature milk.



## WHERE CAN I LEARN MORE?

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# FEEDING CUES & NORMAL NEWBORN BEHAVIORS

Week 24

Visit #4

When your baby is born, their job is to bring in your milk supply! Your baby will want to be with you and will ask to nurse frequently during the first month of life to encourage your milk supply to increase. Your baby will tell you that they want to eat by showing you feeding cues.

## BABIES LOVE THEIR HANDS

While your baby is still growing inside of you, they have their hands to play with! You may see your little one on an ultrasound already sucking on their thumb or fingers. Keeping baby's hands free is important to allow your baby to continue to suck on their fingers after they are born. This soothing behavior can help your baby to calm down and is good practice for nursing, too.



## CLUSTER FEEDING IS NORMAL

Cluster feeding is when baby wants to be at the breast constantly for a period of time. It may feel like baby isn't getting enough milk, or that your milk isn't satisfying baby. This is normal newborn behavior! Your baby is telling your body that it's time to make more milk by removing milk. Keep your baby skin to skin and offer the breast often. You can't overfeed your baby when they're at the breast, so don't worry about nursing frequently. This is good for both you and baby!



## WHAT ARE FEEDING CUES?

Feeding cues are signs that your baby will give you to show they are ready to eat. Watch for your baby to open and close their mouth, stick out their tongue or smack their lips. Bringing their hands to their mouth and sucking on their fingers or trying to latch to a blanket or finger (or anything else within reach) are other signs that your baby is ready to nurse. Crying is the last cue, so learning your baby's early cues and feeding them right away can help to cut down on crying!



## SOOTHING YOUR BABY

Babies cry to tell us that they're hungry, tired, too warm or too cold, bored or overwhelmed, and many other things! When you pick your baby up to care for and soothe them when they cry, you're teaching your baby to trust you and that you'll take care of them. You can't "spoil" a newborn baby! Holding, rocking or swaying, singing or "shushing" are all ways to help your baby to settle. Holding your baby skin to skin is another great way to build a loving, trusting bond with your newborn.



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# BREASTMILK & FORMULA: WHAT'S THE DIFFERENCE?

Week 28

Visit #5

Deciding what to feed your new baby is a big decision. It's important to understand that breast milk and infant formula are very different substances. While infant formulas offer nutrition for a baby, they don't include all of the things that human breast milk does.

## BREASTMILK ADJUSTS TO BABY'S STAGE OF DEVELOPMENT

Because your breast milk is made just for your baby, it will adjust to be exactly what your baby needs at each stage of development. If you were to deliver your baby early, your milk would change to meet your baby's unique needs. Your milk continues to change to be just what your baby needs at all stages of development, for as long as you choose to breastfeed.



## WHAT'S IN BREASTMILK?

There are thousands of ingredients in human milk, so many that we haven't identified them all yet! All of the components in human milk have two jobs: nutrition and protection. Every drop of your milk will both feed your baby and protect them! Infant formulas aren't able to offer this as they are not a living substance. Your milk contains white blood cells, growth factors, proteins, carbohydrates, and everything else that your baby needs to grow!



## BREASTFEEDING ALLOWS YOU TO SHARE YOUR IMMUNE SYSTEM

When your baby is exposed to germs and illnesses, your body will make the antibodies to fight them off and deliver them to your baby through your breast milk. Continuing to breastfeed when you are ill allows you to share the germ fighting antibodies that your body is making to help protect your baby. Babies who are not fed human milk are at risk for more frequent and more serious diseases, like ear infections and stomach viruses. Babies who are fed breast milk are at lower risk for obesity, diabetes, food allergies, Crohn's disease and childhood cancers!



## BREASTFEEDING PROTECTS YOU, TOO

Breastfeeding helps to keep moms healthy, too! Breastfeeding lowers a woman's risk of developing breast and ovarian cancers. It also promotes healthy weight loss after delivery, allowing moms to return to their pre pregnancy weight faster. Breastfeeding can also reduce the risk of postpartum depression and can decrease a woman's risk of osteoporosis, hypertension, rheumatoid arthritis, endometriosis and cardiovascular disease.



## WHERE CAN I LEARN MORE?

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# BREASTFEEDING POSITIONS & LATCHING BABY

Week 32

Visit #6

Learning how to hold and latch your baby to the breast can feel overwhelming. Remember, you and your baby are both learning something new. Holding your baby skin to skin and practicing often will help you and your baby to learn this new skill. Ask for help while you're in the hospital and attend a breastfeeding class if you are able!

## BREASTFEEDING POSITIONS

Every mom and baby is unique, and every breastfeeding relationship is unique. You will learn which positions are most comfortable for you and your baby. Remember, if you are comfortable and your baby is transferring milk, **YOU ARE DOING IT RIGHT!** Hold your baby any way that you like and position them "tummy to tummy" and "nose to nipple" to keep you both comfortable!



## HOLDING YOUR BABY

No matter the position, make sure your baby is facing you when they're latched on. Hold your baby "tummy to tummy" and check that their ear, shoulder and hip are all in a straight line. Your baby will eat more easily, and you'll be more comfortable too, if baby doesn't have to turn their head or twist their body to reach you.



## NOSE TO NIPPLE FOR A DEEP LATCH

In whatever position you decide to use, start your baby off with their nose at your nipple. Touching your baby's upper lip helps them to open their mouth wide and encourages them to look up. This helps your baby to take a big mouthful of breast tissue and will make breastfeeding more comfortable for you!

## GET COMFORTABLE!

Babies breastfeed frequently, especially in the first weeks after they're born. It's important that you're comfortable and well supported when you're feeding your baby to avoid a sore back or neck. Use pillows to support your arms, shoulders and back when you sit down to feed your baby. If you can, spend a minute getting comfortable and then have someone hand the baby to you. Always bring the baby to the breast, rather than leaning and twisting your body to bring your breast to the baby.



## WHERE CAN I LEARN MORE?

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# BREASTFEEDING RESOURCES

Week 34

Visit #7

There are many ways to learn about breastfeeding. Learning from and watching other mothers, looking at reputable websites, online photos and videos, reading books or attending a class can all help you to feel more comfortable and prepared to nurse your baby.

## ONLINE RESOURCES

Coffective.com	Preparing for Breastfeeding. Available as an app (Coffective)
NancyMohrbacher.com	Common problems. Available as an app (Breastfeeding Solutions)
KellyMom.com	General breastfeeding information on many topics. Searchable.
LLLI.org	General breastfeeding information on many topics. Searchable.
InfantRisk.com	Information on medication use in pregnancy and lactation. (MommyMeds)
ToxNet.gov	Information on medication use in pregnancy and lactation. (LactMed)

## IN PERSON RESOURCES

(906) 449-3400	Family Birthing at UPHS~Marquette Also: <a href="http://www.mgh.org">www.mgh.org</a>
(906) 475-7846	Marquette County Health Department, includes WIC Program
(906) 315-2638	Baby Bistro Group (Search MCHD Breastfeeding on Facebook)

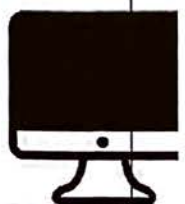
The internet is a great place to find information, but be cautious when searching for help with breastfeeding and other health topics. You want to be sure that you're getting your information from a good, reputable source that is providing current, evidence based information. Every breastfeeding relationship is unique, and if you are having difficulties you should be talking to someone who will be able to take a full history and give you information for your specific situation.

### Breastfeeding Helpers:

IBCLC ~ International Board Certified Lactation Consultant: allied health professionals who, as part of the health care team, can assist families with complex breastfeeding issues. They also provide education, general breastfeeding information and assist well mothers and babies.

CLC/CLS ~ Certified Lactation Counselor or Certified Lactation Specialist: have received specialized training and passed an exam or assessment to provide breastfeeding support to families requiring basic assistance.

WIC Breastfeeding Peer Counselor: experienced breastfeeding mothers who receive ongoing training in breastfeeding support. They may provide basic breastfeeding support and information, and can refer families to appropriate help when necessary.







# Hand Expression

Week 36

Visit #8

Many moms will use a pump to express milk at times while they're breastfeeding. You can also remove milk using only your hands. This is a great skill to learn! You can hand express if the power goes out or if your pump isn't working. You can hand express before latching the baby on if your breasts are full, or you can even express into a spoon if your baby is fussy, or sleepy and not latching.

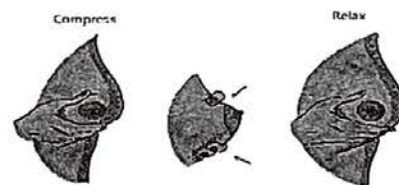
## WHY HAND EXPRESSION?

Using just your hands to express milk is an important skill. Some moms prefer hand expression to using a pump. It's gentler than a pump, and many people respond better to hand expression than they do to plastic pump parts. Hand expression is especially important in the early days of breastfeeding. If your newborn is sleepy or fussy, you can always hand express some drops of milk and keep your baby fed.



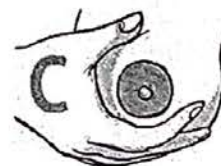
## WHAT ABOUT PUMPING?

A breast pump is a great tool to have for supplying milk for your baby, no matter what your situation. Adding hand expression into your pumping routine can help to keep your milk supply stable AND may increase the amount of milk that you're able to pump. Hand express for 1-2 minutes after you're done pumping.



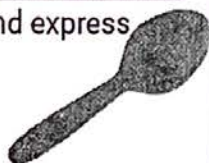
## HOW DO I HAND EXPRESS?

1. With your hand in a "C" shape, place your fingers about an inch back from the nipple.
2. Press into the breast, back toward your chest wall.
3. Bring your fingers together and gently squeeze the breast.
4. Do this rhythmically until you see drops of milk at the nipple. (Back, Compress, Rest)



## HAND EXPRESSION TIPS

- ✓ Hand expression should not be painful. You can use a small amount of coconut oil on the breast to help your fingers slip.
- ✓ It may take awhile to see milk. This is normal! Try going back and forth between both breasts.
- ✓ Collect your expressed milk in a clean spoon, bowl or a pump bottle.
- ✓ Visit: <https://player.vimeo.com/video/65196007> for a great video on how to hand express (5 minutes)



## WHERE CAN I LEARN MORE?

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# How Much Milk Does My Baby Need?

Week 37

Visit #9

When a baby drinks from a bottle, we know exactly how much milk the baby takes at each feeding. When we're breastfeeding we're not able to measure this as easily. So how do we know that baby is getting enough? How much milk do babies need?

## HOW BIG IS BABY'S STOMACH?

A newborn's stomach is about the size of a marble for the first 24 hours after delivery. It can hold about 5-7mL at a time and it is rigid, meaning it doesn't stretch easily. Over the next few days the stomach will gradually increase to the size of a larger shooter marble. Baby's milk intake will also increase to about  $\frac{3}{4}$  to 1 oz per feeding. Over the next couple of weeks it will continue to grow to the size of a ping pong ball. By two weeks of age a baby will take 2-3 oz per feeding.



## HOW DO I KNOW THAT BABY IS GETTING ENOUGH MILK?

1. Watch the diapers...what goes in, must come out! Your baby should be making at least 3-4 clear wet diapers and 3-4 poop diapers that are larger than a US quarter each day by Day 4 or life. If your baby is under 4 weeks of age they should make *at least* one poop diaper every day. After 4 weeks of age, some babies have less frequent poop diapers.
2. Watch baby's weight. Babies lose weight in the first few days of life, but should begin regaining quickly and be back to their birth weight by 2 weeks of age. Your baby's doctor will keep a close watch on your baby's weight and growth.
3. Once your milk begins to increase, you should be able to feel that your breasts are softer after a feeding. You should also watch that baby is nursing around 8-12 times per 24 hours during the first month of life. Frequent nursing is important to increase your milk supply.

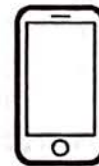
## HOW MUCH MILK DO BABIES NEED?

Baby's Age	Average Milk / Feeding	Average Milk / 24 Hours
First Week	1 - 2 Ounces	10 - 20 Ounces (After Day 4)
Weeks 2 & 3	2 - 3 Ounces	15 - 25 Ounces
Months 1 - 6	2.5 - 5 Ounces	19 - 30 Ounces

As you can see from the chart, once your baby reaches one month of age they will be taking 2  $\frac{1}{2}$  to 5 oz per feeding. This will stay the same until your baby reaches 6 months, when they will typically take less milk as they begin to eat solid foods.

## WHERE CAN I LEARN MORE?

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# PUMPING

Week 38

Visit #10

Most families will choose to pump breastmilk at least occasionally. This can be helpful if you need to be away from the baby for an appointment or event, or if you're returning to work or school after your baby is born. Some families choose to pump milk exclusively and feed it to their baby in a bottle. No matter which option you choose, a pump can be a valuable tool in your breastfeeding journey.

## HOW DO I GET A PUMP?

You will need a prescription from your doctor to get a breast pump through your insurance. Most insurances will cover a pump 100%. You can ask your doctor before you deliver or while you're in the hospital to write you a prescription for a double electric breast pump. You can also purchase a pump locally at a store or pharmacy, or you can order a pump online. If you receive WIC benefits, you may be eligible to receive a double electric pump. WIC also has a program for loaning pumps to clients.

## FAQ

### Q: When should I start pumping?

**A:** That depends on what your plans are! If you will be pumping occasionally or for a return to work, hold off until baby is around 3 weeks old. If you're planning to pump exclusively and NOT bring your baby to breast at all, begin pumping as soon after delivery as possible. Within one hour of birth is recommended.

### Q: Is pumping painful?

**A:** Pumping should NOT be painful. Pump flanges come in many sizes and a correct fit will make pumping more comfortable. Ask for help in determining the correct size for you.

### Q: What if I pump and then my baby wants to nurse? Will I run out of milk?

**A:** No! Your body is making milk all the time. Imagine drinking from a cup with a straw while someone is slowly pouring more water into the cup. This is how your milk supply works! Milk flow may slow down, but you won't run out.



## WHERE CAN I GET A PUMP?

### Marquette County

Peninsula Pharmacy (906) 225-3902

Target, WalMart and other local stores

[aeroflowbreastpumps.com](http://aeroflowbreastpumps.com)

## WHAT ABOUT A USED PUMP?

It is NOT recommended to use a second hand breast pump. There is a risk of infection associated with this and the pump motor may not be as effective.

## WHERE CAN I LEARN MORE?

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# BREASTFEEDING MYTHS

Week 39

Visit #11

There is a LOT of breastfeeding information out there, some better than others! You may hear things and wonder if they're true! Here are some common breastfeeding myths and the truth behind them.

## **Myth #1: Breastfeeding always hurts.**

**Truth:** Breastfeeding can be uncomfortable in the beginning, but it shouldn't be so painful that you don't want to feed the baby or have to curl your toes in pain. Discomfort when the baby first latches on, especially in the first few days, is normal as your breasts get used to their new job. If breastfeeding is painful, your nipples are damaged or something "just doesn't seem right," ask for help! Often some positioning changes can make a big difference and help both you and your baby to be more comfortable.

## **Myth #2: I'll have to change my diet to breastfeed. No more spicy foods or "junk food!"**

**Truth:** There are no dietary restrictions when you're breastfeeding! Your baby has been tasting your foods through their amniotic fluid during your pregnancy, so eating a spicy curry or enjoying Taco Tuesday shouldn't be a problem! As for "junk food," eating healthy will help you to feel good and have the energy to care for your new baby, but no matter what you're eating your body will make healthy, perfect milk.



## **Myth #3: I take daily medications so I won't be able to breastfeed.**

**Truth:** Most medications are safe to take while breastfeeding. Check the apps "Mommy Meds" and "LactMed" for more information on specific drugs and talk with your doctor about what's best for both you and your baby.



## **Myth #4: I won't be able to enjoy a glass of wine or beer if I'm breastfeeding.**

**Truth:** Alcohol travels in and out of your milk just like it does your bloodstream. You can safely enjoy alcohol in moderation while you're breastfeeding. Feed your baby first, enjoy your drink and then wait 30-60 minutes before breastfeeding. If you're not "buzzed," your milk isn't either!



## **WHERE CAN I FIND MORE INFORMATION?**

Check out the following websites for more information on breastfeeding:

[www.kellymom.com](http://www.kellymom.com)

[www.llli.org](http://www.llli.org)

[www.toxnet.gov](http://www.toxnet.gov)

[www.infantrisk.org](http://www.infantrisk.org)

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# PACED FEEDING & PACIFIERS

Week 40

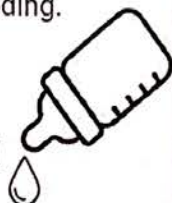
Visit #12

Many families will use a bottle to feed their baby at times. If mom needs to be away from baby for work, an appointment or an evening away, someone else can feed the baby. Pacifiers are a popular way to help baby to settle down by satisfying their sucking reflex.

Bottles and pacifiers are valuable tools when used correctly!

## WHAT IS PACED FEEDING?

Paced feeding is a method of bottle feeding that makes the experience more like breastfeeding. When using paced feeding, the baby is in control of the flow of milk and the timing of the feeding. Paced feeding can also help a pumping mom keep up with baby's needs and reduces wasted milk. By slowing down the feeding, the belly has a chance to tell the brain that it's time to stop!



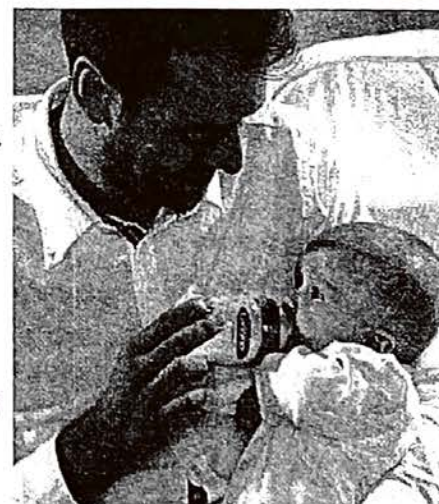
## WHAT ABOUT PACIFIERS?

Pacifiers can help to satisfy a baby's urge to suck. This is a normal baby behavior! Pacifiers should be introduced AFTER baby is breastfeeding well and your milk supply has increased, or around 3 weeks of age. Using pacifiers before this time can sometimes cause nipple confusion and may interfere with baby's feeding cues, which can result in missed feedings.



## HOW DO I PACE FEED?

1. Baby should be in an upright, sitting position with support across the back and shoulders, and behind the ears if necessary.
2. Hold the bottle horizontal, so about half of the nipple is filled with milk.
3. Touch the nipple to the baby's upper lip to encourage them to open.
4. When the baby begins to suckle on the bottle nipple, keep the nipple about half full of milk.
5. Allow the baby to slow down or pause whenever they would like. If the baby is not taking breaks, encourage this by pausing to burp the baby.
6. The feeding should take about 15-20 minutes to complete. If the baby stops eating before the bottle is empty, this is okay!
7. Consider using smaller amounts of milk (2-3 oz) and offering more if baby is still hungry. This will help to cut down on wasted milk.



## WHAT KIND OF BOTTLE SHOULD I USE?

There are many different bottles and nipples to choose from! Every baby is different, so it may take some trial and error to find the bottle that your baby likes best. **Look for a nipple that has a wide base and a slow flow rating.**

Remember, just because the bottle or nipple looks like a breast, this doesn't mean it will act like a breast! Pay close attention to your baby and watch for signs of stress or difficulty when eating with a bottle. If the bottle isn't working, you may need to try a different kind.



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