

MAKING MILK IS EASY!

10 STEPS TO MAKE PLENTY OF MILK



1 FREQUENT FEEDS, NOT FORMULA.

The more often you feed, the more milk you make. If you give formula, your baby will feel too full to nurse frequently.

2 ALL YOU NEED IS BREASTMILK!

The American Academy of Pediatrics 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 such as when baby is awake, sucking on hands, moving his or her mouth or eyes, or stretching.

4 IF HE DIDN'T SWALLOW, HE DIDN'T EAT.

Listening for the sound of swallowing will help you know if your baby is getting enough.

5 SAY "NO" TO PACIFIERS AND BOTTLES.

If pacifiers and bottles are used when your baby is hungry, you may not be nursing often enough to make plenty of milk.

6 SLEEP NEAR YOUR BABY AND NURSE LYING DOWN.

You can rest while you feed your baby!

7 HAVE BABY'S MOUTH OPEN WIDE LIKE A SHOUT, WITH LIPS FLIPPED OUT.

The tip of your nipple should be in the back of his or her throat. Your baby should be directly facing you, chest to chest, chin-to-breast. Proper positioning prevents sore nipples.

8 WATCH THE BABY, NOT THE CLOCK.

Feed your baby when he or she is hungry and switch sides when swallowing slows down or they take themselves off the breast.

9 GO EVERYWHERE!

Plan to take your newborn everywhere with you for the first several weeks.

10 DON'T WAIT TO ASK FOR HELP, WIC IS HERE.

Contact your local peer counselor for guidance and support. Stick with it – it's worth it!



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