



## Nursing Your Newborn

### Strong & Healthy Begins with Breastfeeding

#### Breastfeeding is Going Well When:\*

- Your baby nurses 8 or more times in a 24-hour period (about every 2 to 3 hours)
- Your baby has at least 3 wet diapers a day during the first few days and at least 6 wet diapers a day by the end of the first week
- Your baby has 3 or more yellow, loose bowel movements a day by the end of the first week
- You can see your baby sucking and hear swallowing while nursing
- Your full breasts are softer after the baby nurses
- Your baby seems satisfied after nursing

Some parents find it helpful to keep a diary of when their baby eats, has a wet diaper, and has a bowel movement.

#### Breastfeeding Benefits for Your Baby:

- Provides the best nutrition for your baby
- Contains the best nutrients that your baby needs for the first 6 months of life\*\*
- Protects against illnesses such as ear and respiratory infections
- Decreases allergies
- Creates a special bond between you and your baby
- Supports brain development
- Lowers risks of obesity and diabetes

\* These guidelines are for healthy term babies. For those with special needs or specific questions, please contact your healthcare provider or call the Oklahoma Breastfeeding Hotline at 1-877-271-MILK (6455).

\*\*The American Academy of Pediatrics recommends that all babies receive 400 IU of Vitamin D each day starting at birth. After six months of age, your baby may have a need for fluoride. To check the fluoride level in your community's water, view My Water's Fluoride at <http://apps.cc.cdc.gov/MWF/Index.asp>. Talk to your healthcare provider about the need for a vitamin D or fluoride supplement.

Adapted from "Nursing Your Newborn-Breastfed Babies are Healthier Babies" American Academy of Pediatrics New York Chapter 2 Nutrition Committee.

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## Tips for Successful Breastfeeding

- It's best if your baby nurses within the first 1 to 2 hours after birth
- Skin-to-skin contact is good for your baby and can help increase your milk supply
- Nurse your baby every 2 to 3 hours
- Early and frequent breastfeeding will allow your milk supply to increase to meet your baby's needs
- Do not give your baby water or formula unless directed by your healthcare provider
- Breastfeeding can take some work and practice to get you and your baby used to each other, so give it some time

## Breastfeeding Benefits for You

- Convenient
- Breastmilk is free
- Always readily available to feed your baby
- Helps you lose your pregnancy weight faster
- Helps your uterus return to its normal size faster
- Lowers your risk of breast and ovarian cancer
- May lower your risk of heart disease

## Help is Available

- Your baby should be seen by a breastfeeding educated healthcare provider 2 to 5 days after discharge and again at 2 to 3 weeks of age
- Your baby's healthcare provider and your lactation consultant can provide help and support during your breastfeeding experience
- Mothers and healthcare providers with breastfeeding questions can call the toll-free Oklahoma Breastfeeding Hotline at 1-877-271-MILK (6455)
- For help and support, please call your local WIC Clinic or 1-888-655-2942
- For more information, visit the Oklahoma State Department of Health Breastfeeding Information and Support Website: <http://bis.health.ok.gov>



Oklahoma State  
Department of Health

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**Maternal and Child Health Service - Oklahoma State Department of Health**

1000 Northeast Tenth Street, Oklahoma City, OK 73117-1299

Phone 405-271-4480 Fax 405-271-2994

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