

# Breastfeeding



## Breast Milk: The Best Source of Nutrition for Baby

- Breast milk is the best milk for the first 12 months of life
  - Perfect food for baby that only mom can provide
  - Protects mom and baby's health long term
  - It's free and convenient
  - Wonderful for mom and baby bonding that lasts a lifetime
- \* Avoid feeding juice, cow's milk, or cow's milk alternative. Beverages other than breast milk may interfere with your baby's growth and development.*

## How Often to Feed

Babies have small stomachs. They need to eat every 2 to 3 hours or 8-12 times in 24 hours. The exact amount is different for each baby. Watch and listen for these different signs:

### Signs of Hunger

- Flexes fists
- Sucks on fist
- Smacks lips
- Makes fussy sounds
- Turns head
- Restless after waking

### Signs of Fullness

- Relaxes
- Closes lips
- Stops sucking
- Spits nipple out
- Turns head away

## What Do I Do if I Need to Take Medication?

Ask your doctor about the medicines you are taking.

- Check with <https://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm> for any breastfeeding changes
- Do not smoke, when pregnant or breastfeeding. However, if you are not able to quit or are working on quitting, breastfeeding is still recommended because it protects your baby from health problems caused by parent smoking, including sudden infant death syndrome.
- Avoid alcohol, especially in large amounts. An occasional drink is okay. Delay breastfeeding for 2-3 hours after drinking alcohol.

- Breastfeeding is not advisable if you are using or dependent on illicit drugs. These drugs will harm you and baby.

## Returning to Work

- Make a plan for breastfeeding when you return to work.
- Ask your employer about a private space to pump at work.
- Talk to your child care providers about schedules, storing breast milk and any ideas they have.
- Get a good pump. Pumps are often available through local hospitals, private insurance and Medicaid.
- To see if you qualify for a breast pump, contact your local WIC clinic at 1-800-755-GROW (4769), or your local lactation consultants in Ohio at: <http://www.ohio-olca.org/> or <http://www.ohio-olca.org/find-an-ibclc.html>.

**Hang in there!** The first few weeks back at work can be stressful with a new baby. Be good to yourself and baby. Allow time to adjust to breastfeeding and working before making any big decisions. Breastfeeding may not always be easy, but it is always worth it. Enjoy this special time with your baby.

**Want more info? Go to our mobile app at [PMP.ohioaap.org](http://PMP.ohioaap.org)**