

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 nurses for at least 15 minutes on each breast
- Your baby has at least 3 wet diapers a day during the first few days and 6 wet diapers by the end of the first week
- Your baby has one or more yellow, seedy bowel movements a day by the end of the first week
- You can see and hear your baby continue 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 infant eats, has a wet diaper, and has a bowel movement

Help is *available*

- Your infant should be seen by the pediatrician 2 to 3 days after discharge and again at 2 weeks of age
- Your baby's pediatrician and your lactation consultant can provide you with help and support during your breastfeeding experience

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



New York Chapter 2

American Academy of Pediatrics
NY Chapter 2 Nutrition Committee

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Nursing your newborn

*Breastfed
Babies are
Healthier
Babies*



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Tips

for **Successful**
Breastfeeding

Breastfeeding *Benefits* Your Baby

- Provides the best feeding for infants
- Contains all the nutrients that your infant 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 optimal brain development

***Vitamin D**

Your Pediatrician will prescribe Vitamin D for your nursing infant.

- It may take two to three weeks to feel secure that your baby is thriving on your breast milk
- Try to nurse your infant in the delivery room or as early as possible
- Nurse your baby frequently
- Early and frequent breastfeeding will allow your milk supply to become established to satisfy your baby's needs
- Do not give your infant water or formula unless directed by your pediatrician
- Drink a lot of fluids and eat well
- Breastfeeding will become easy and natural

- No preparation
- No cost
- Always readily available to feed your baby
- Helps you lose your pregnancy weight gain faster
- Helps your uterus return to its normal size faster
- Evidence suggests there is a decreased incidence of breast cancer, ovarian cancer, and osteoporosis in women who breastfeed

Breastfeeding *Benefits* You