

# 10 Tips For Breastfeeding

- 1.** In the hospital, let the nurses know you will be breastfeeding.
  - Ask them to help you get started.
  - Tell them you want your baby to have only breast milk (no bottles or pacifiers).
- 2.** Keep your baby close.
  - Right after delivery, hold your baby skin-to-skin, with baby on your belly or chest.
  - Keep your baby in your room so that you can nurse him whenever he is hungry.
  - Limit visitors and visiting times, especially at the hospital when you and your baby are learning to breastfeed.
- 3.** Nurse early.
  - Babies are most alert in the first hour after birth, so nurse as soon as possible.
  - The first milk your baby gets is colostrum, which is rich in nutrition and protects your baby from getting sick.
- 4.** Nurse often.
  - Your baby should breastfeed 10 or more times in 24 hours. Newborns have tiny stomachs, so they can't hold a lot of milk at one time.
  - The more often you nurse, the more milk you make.
  - Your breasts may not feel full until after you are home from the hospital. Don't worry, as you are making small amounts of colostrum which is all your baby needs for the first few days.
- 5.** Watch your baby.
  - Your baby is hungry when he bends his arms and legs, makes sucking noises, keeps his hands near his mouth or smacks his lips.
  - Try to nurse him before he cries, as crying babies can be hard to feed.
  - When full, he will fall asleep, relax his arms and hands, and stop sucking or spit out the nipple.



- 6.** Watch your baby, not the clock.
- All babies are different. One baby may nurse 10 to 30 minutes at both breasts, while another may nurse 10 to 30 minutes at just one breast; both babies will get enough.

- 7.** How do you know your baby is getting enough?
- By the end of the first week, your baby has six to eight wet diapers and four or more poopy diapers a day. For the first 1-2 days, his poopy diapers will be black and thick. Around days 3-4, they will be greenish and less thick. By day 5, they will be yellow, seedy and watery.
  - He seems satisfied and relaxed after nursing.
  - You can hear or see him swallow when he breastfeeds once your milk has come in.
  - He wants to nurse 10 or more times in 24 hours.
  - He gains weight (about 4 to 8 ounces a week).

- 8.** Take care of yourself.
- Drink when you are thirsty; eat when you are hungry. Enjoy the foods you like.
  - Choose a comfortable position while breastfeeding.
  - Sleep when your baby sleeps. Ask for help with the housework and older children.

- 9.** WIC is here to help. Contact us with any breastfeeding questions. Call your doctor, breastfeeding counselor or WIC staff if:
- Your baby has fewer than four poopy diapers and six wet diapers a day by the end of the first week.
  - Your baby nurses fewer than eight times in 24 hours.
  - It hurts to nurse your baby.
  - You can't hear your baby swallowing and he seems fussy.

- 10.** Enjoy your new baby.



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