

Breastfeeding

Why Should I Breastfeed?

It is recommended that infants be breastfed only for the first six months of life and it is best if breastfeeding continues through at least the first year. Breast milk provides the best form of nourishment and naturally contains everything your baby needs. Breastfeeding has important health benefits for both mom and baby.



Benefits of Breastfeeding:

- Breastfed babies are less likely to get sick, have diarrhea or constipation
- Breastfed babies are less likely to be overweight or to develop allergies
- Breastfeeding helps to lower the mom's risk of breast and ovarian cancer and also helps with losing pregnancy weight
- It provides a special bonding experience for mom and baby!

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How can I tell if my baby is getting enough milk?

In the first few days look for:

- An alert, bright-eyed infant
- A baby who wants to eat every 2-3 hours and is satisfied between feedings
- At least 3-4 wet diapers a day by 3rd day of life
- Stools change from dark green, tarry to lighter green to true breastmilk stools which are yellow, seedy, curdy or loose. The number of stools will increase each day.

After 3-5 days, milk “comes in” and you will notice:

- Breasts feel full before a feeding and softer afterwards
- You can hear your baby swallow and see milk in your baby’s mouth



After the first week, your baby should nurse every 2-3 hours for about 10-20 minutes.

For more information call REACH CNY at 1-888-295-8662. Funded in part through the NYS Dept. of Health Division of Family Health.

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