

## Feeding Baby With Breast Milk



### Breast-Feeding Is Best For Your Baby

Breast milk provides sugars, fats and protein that are just right for your baby. Breast milk may help keep your baby from getting sick. Sucking on the breast is good for your baby's jaw. It helps future teeth grow straight.

### Breast-Feeding Is Best For You

When you breast-feed, you don't have to sterilize bottles. You don't have to buy, measure and mix formula. Breast-feeding lets you rest every few hours while you feed your baby. Feedings at night are easy. You don't have to get a bottle and warm it up. You can breast-feed while lying down. Breast-feeding helps you recover from childbirth and appears to improve your long-term health.

### Follow These Tips For Breast-Feeding Success

- If you can, breast-feed within an hour after your baby's birth.
- Put your nipple as far back in your baby's mouth as possible. This will make you more comfortable.
- Breast-feed your baby regularly and frequently, even as often as every two hours and at least 8 times in a 24-hour period.
- Your baby should have at least 6 wet diapers a day.
- Don't give your baby sugar water or formula unless your doctor or nurse tells you to do so. Your baby usually will not need extra sugar water or formula.
- Air dry your nipples to prevent cracking and soreness.
- Eat a healthy diet. Rest as much as you can. Drink plenty of fluids, including water.

- Ask for help with other children, housework and cooking. Your most important job is taking care of your new baby and you.
- Be patient. It will take time for you and your baby to learn how to breastfeed.

**Warning: Women who are HIV positive should not breast-feed! Your breast milk could pass the HIV infection to your baby.**



### When Can You Switch to Whole Milk?

You can start whole milk around your baby's first birthday. But do not give your 1-year-old any reduced fat or no-fat milk. These milks don't have enough fat and calories for your growing toddler. Or, you can continue feeding your child breast milk for as long as you want.

**Warning: Don't give your 1-year-old reduced-fat or no-fat milk!**

### Do You Have More Questions About Breast-Feeding or Infant Formula?

Ask your doctor or breastfeeding consultant. Also, for breast-feeding questions, ask the La Leche League, a group that helps new mothers learn about breast-feeding, nutrition, and child care. Call 1-800-LaLeche (1-800-525-3243)

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Reviewed 5/2009