



It's only natural

mother's love. mother's milk.



Cross Cradle Hold



Football Hold



Side-lying



Cradle Hold



Breastfeeding takes patience and practice at first. With the right support and information you can make it work.

Simple steps to breastfeeding success

Position yourself comfortably

- Sit up in bed, in a comfortable chair, or in a rocking chair (unless you are side-lying).
- You can use pillows to support your back and arms while you hold your baby.
- Relax your muscles and get comfortable.

Position your baby

- Hold your baby lying on his/her side with his/her body facing you.
- Hold your baby at the level of your nipple so that you're not leaning forward. Using the pillow on your lap will help.
- Use your hand to form a "U" around the darker part of your breast (areola) and offer your breast to the baby. Your thumb should be in line with the baby's nose, with the rest of your fingers on the other side of your breast.
- Your baby's head should be tilted back slightly to make it easy to suck and swallow.
- As shown here, there are several types of holding positions you can try to find the one that is right for you.
- Remember that making sure both you and your baby are comfortable is important to breastfeeding success.
- You can find more information about positioning and feeding your baby at www.womenshealth.gov/ItsOnlyNatural

Help your baby to latch properly

- Tickle the lips so your baby opens wide. Some women feel a pinch at first. However, if it lasts longer, your baby may not be latched correctly.
- Pull your baby close so the chin and lower jaw move into your breast first.
- Put the lower lip as far from the base of the nipple as possible, so your baby takes a large mouthful of breast.
- Remember your baby can breathe while at your breast because nostrils open wider to let air in.
- Some babies latch on right away, and some take more time.

Signs of a good latch

- The latch feels comfortable to you.
- Your baby's chest is against your body so the head doesn't need to turn.
- Your baby's mouth is filled with breast.
- You hear or see your baby swallow. For some babies the only sign of swallowing may be a pause in breathing.
- Your baby's ears "wiggle" slightly.
- Your baby's lips turn out, not in.



About It's Only Natural

Breastfeeding provides mothers and their babies with a healthy start. The U.S. Department of Health and Human Services created *It's Only Natural* to offer African American moms the knowledge, help, and support they need to breastfeed. You'll find all this at www.womenshealth.gov/ItsOnlyNatural. Breastfeeding. It's only natural with mother's love, mother's milk.



U.S. Department of Health and Human Services

How to know if your baby is getting enough milk

You may be concerned that you're not making enough milk. But your baby is likely getting more than you think at each feeding. Regardless of your baby's weight, a newborn's stomach is only the size of an almond.



Many babies lose a small amount of weight after birth, so don't be alarmed. Your baby's doctor will check weight at the first visit after you leave the hospital, which should be scheduled 2 to 3 days after birth. After the first few days, typical weight gain is a little less than 1 ounce per day. If he/she is getting enough milk, your baby will:

- Pass enough clear or pale yellow urine. It should not be deep yellow or orange. In the early days, your baby should have at least 1 wet diaper for each day of life (1 on day 1, 2 on day 2, etc.). Once the amount of milk you are making increases (24-72 hours), expect at least, 5-6 wet diapers every 24 hours.
- Have enough bowel movements. In the early days, your baby should have at least 1 dirty diaper for each day of life (1 on day 1, 2 on day 2, etc.). After day 4, expect at least 3-4 stools daily.
- Switch between short sleeping periods and wakeful, alert periods.
- Be satisfied and content right after feedings. (Keep in mind that breast milk digests quickly so babies must eat frequently.)
- Also, your breasts may feel less full after feeding your baby.

Talk to your baby's doctor or a breastfeeding expert if you are concerned that your baby is not getting enough milk before you stop breastfeeding or begin using formula.

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