

# Breastfeeding *Basics*

*Know the facts*



Breast milk is easy for your baby to digest.

## *Facts*

- It is best to feed your baby only breast milk for the first six months. Even after your baby starts to eat solid foods, it is best to keep breastfeeding for at least 12 months.
- Colostrum, the first milk, is the perfect milk for your new baby. It protects your baby from illnesses.
- Proper latching will help prevent pain in your nipples. Latching is how the baby attaches to the breast.
- Formula is **not** the same as breast milk. Your breast milk is made to meet the exact needs of your baby – even as your baby grows. Only breast milk will help protect your baby from getting sick.
- The more you breastfeed, the more milk you will make. Breastfeed often, at least 8 times a day.
- Breastfeeding helps build a special bond with your baby.
- Breastfeeding helps you recover faster after giving birth.
- **Breastfeeding is FREE!**

## *When your baby is born...*

- Put your baby skin-to-skin as soon as you can after delivery. That means putting your naked or diapered baby on your bare chest. This is where your baby wants to be.
- Keep your baby skin-to-skin whenever you are awake. This helps your baby learn to breastfeed.
- Keep your baby in your room.
- Ask that your baby receive no bottles and no pacifiers.

## **For more information**

Most hospitals, WIC sites, La Leche League locations, and local breastfeeding coalitions have breastfeeding classes and support groups in your area.

<i>Agency</i>	<i>Website</i>	<i>Toll-free telephone</i>
Women, Infants and Children (WIC)	<a href="http://www.wicworks.ca.gov">www.wicworks.ca.gov</a>	<b>1-888-942-9675</b>
La Leche League	<a href="http://www.lalecheleague.org">www.lalecheleague.org</a>	<b>1-800-525-3243</b>
California Breastfeeding Coalition	<a href="http://www.californiabreastfeeding.org">www.californiabreastfeeding.org</a>	
CalViva Health Nurse Advice Line	<a href="http://www.CalVivaHealth.org">www.CalVivaHealth.org</a>	<b>1-888-893-1569 (TTY: 711)</b>

This information is not intended as a substitute for professional medical care. Please always follow your health care provider's instructions. Programs and services are subject to change.