

Breastfeeding

WHAT YOU NEED TO KNOW





Breastfeeding Is Best for You and Your Baby

In this CalViva Health Breastfeeding Guide, you will find details about:

- why breastfeeding is important;
- how to get ready for breastfeeding;
- tips for breastfeeding in the first 2 weeks;
- how to get breastfeeding help through CalViva Health; and
- other resources to help you breastfeed your baby.

Why breastfeeding is important

Breastfeeding is a gift that lasts a lifetime. Breastfeeding helps your baby in many ways. Breastfeeding is also important for you. Here are some reasons.

Breastfeeding helps keep you healthy

- Breastfeeding can help you heal faster after having your baby and lose your pregnancy weight faster.
- Mothers who breastfeed are less likely to have postpartum depression. That is a long-lasting sadness after giving birth.
- Breastfeeding helps you bond with your baby.
- Breastfeeding helps keep you calm and relaxed.
- Mothers who breastfeed are less likely to get diabetes, heart disease and some cancers.

- Mothers who breastfeed are less likely to have high blood pressure.

Breastfeeding helps keep your baby healthy, too

- Breast milk is all your baby needs for the first 6 months. Pediatricians (doctors that work with children) suggest babies be given only breast milk for the first 6 months of life. They also suggest that new moms keep breastfeeding through their baby's first year or longer.
- Breastfed babies are healthier. They have fewer ear infections and allergies, and less diarrhea. Babies who have formula are more likely to become overweight, obese or get diabetes.
- Breast milk can help your baby grow to be strong and smart.

Breastfeeding makes your life easier

- **Breastfeeding is easy – no bottles to carry and clean, or formula to mix.**
- **In California, you have the right to breastfeed in any public place. (It is section 43.3 of the California Civil Code.)**
- **Breast milk is always clean, safe and at the right temperature.**
- **Your breast milk is free.**

Breast Milk Versus Formula

Formula is not the same as breast milk. Only breast milk has the ingredients to help your baby be strong, healthy and smart. Breast milk has the ingredients that:

- fight infections and help your baby have a strong immune system;
- help your baby’s intestines, bones, heart, and other organs grow strong;
- help your baby digest his or her food; and
- make minerals and vitamins easy to use by your baby’s body.

Breast milk

Antibodies
Anti-cancer (HAMLET)
Growth factors
Enzymes
Disease-fighting stem cells
Hormones
Anti-viruses
Anti-allergies
Anti-parasites

Formula

Probiotics ¹	Probiotics ¹
Minerals	Minerals
Vitamins	Vitamins
Fat	Fat
DHA/ARA	DHA/ARA
Carbohydrates	Carbohydrates
Protein	Protein
Water	Water



These ingredients are only found in breast milk.

¹Not all formulas have probiotics and prebiotics.

Get off to a Great Start



Your breasts were made to feed your baby. And your baby was born to breastfeed. But breastfeeding still takes practice. Both you and your baby need to practice a lot in the first couple of weeks.

Here are other ways that you can get breastfeeding off to a great start.

During pregnancy

- Learn as much as you can about breastfeeding before your baby is born. Reading this booklet is a great start!
- Go to a breastfeeding class. Your Women, Infants and Children (WIC) agency has breastfeeding classes.
- Go to a breastfeeding support group. Your WIC agency or the La Leche League in your area may have support groups where pregnant women are always welcome.
- Ask your doctor how to get breastfeeding off to a great start.
- Build your support system. Talk to your family and friends about how they can support you.



In the hospital

- Tell your doctor and nurses in the hospital that you plan to breastfeed. Tell them not to give any bottles or pacifiers to your baby.
- Breastfeed your baby as soon as you can after delivery. Tell the nurses that you want to hold your baby skin-to-skin for the first 2 hours after birth. Skin-to-skin means putting your baby wearing just a diaper on your bare chest. You may cover your baby and yourself with a light blanket.
- Ask the hospital if they have a lactation consultant. That is a person who can help you with breastfeeding.

















































When you get out of the hospital – the first week

- Breastfeeding takes practice. It gets easier as your baby grows. Breastfeed your baby at least 8 to 12 times every 24 hours. The more you breastfeed, the more milk you will make.
- Hold your baby skin-to-skin while you are awake. This helps your baby learn to breastfeed and builds a bond with your baby.
- Watch your baby, not the clock. Feed your baby at the first signs of hunger. Signs that your baby is hungry include clenched fists near his or her face, moving arms and moving mouth.
- Your baby’s stomach is very small, so your baby may be hungry often. Your baby’s stomach will grow as he or she grows. In the first week, your baby’s stomach is smaller than a ping-pong or golf ball. That is less than 2 ounces. See the icons below.

Day 1 5–7 ml		Marble
Day 3 0.75–1 oz.		Ping-pong ball
Day 7 1.5–2 oz.		Golf ball

- Join a local breastfeeding support group.
- Expect to be tired. Call on your support system for help.
- Many women worry that their baby is not getting enough milk. You will know that your baby is getting enough milk by the number of diapers he or she uses. See the diaper chart.
- Call your doctor right away if you think that your baby is not getting enough milk.

If you need breastfeeding help, please ask your doctor or your baby’s doctor for a referral to a breastfeeding specialist or lactation consultant.

Baby’s age	Wet diapers	Dirty diapers
1 day old		
2 days old	 	 
3 days old	  	 
4 days old	   	  
5 days old	    	  
6 days old	     	   
7 days old	     	   

- Do not give your baby a bottle or pacifier while your baby is learning to breastfeed.
- See a lactation consultant if you have problems breastfeeding. Your doctor can send you to a lactation consultant.



The first 2 weeks – what you can expect

- Your baby will have times when he or she wants to eat more often. That is because your baby is growing faster.
- Feedings will take less time after the first 3 to 4 weeks.
- Waking up often from sleep is healthy and normal for babies. They need to wake up often to breastfeed. Waking up often also helps your baby's brain grow. At around 2 months, babies start to sleep longer at night.
- During the first few weeks, try to sleep when your baby is sleeping. You need enough rest so you feel relaxed while breastfeeding. Call on your support system to help so that you get enough rest.
- Your breasts will be softer after each feeding. They will also get softer as your baby grows. Don't worry – This does not mean you don't have enough milk!

Building your support system

Sometimes breastfeeding moms need help. Your family and friends can do everything except feed your baby. Here are some ways your family and friends can support you and your baby.

- Limit visitors when you and your baby are learning to breastfeed, especially in the hospital.
- Dad can hold baby skin-to-skin also. Your baby loves to cuddle!
- Take you to get breastfeeding help if you need it.
- Take care of your other children.
- Change diapers.
- Cook, clean, do laundry, and other household chores.

When should I call my doctor?

You should call your doctor if your baby:

- has a dry mouth,
- has red-colored urine,
- has yellow skin (jaundice),
- does not have enough wet or dirty diapers (see diaper chart), or
- will not wake up to eat at least 8 times in 24 hours.





Breastfeeding Services

CalViva Health breastfeeding services

CalViva Health is here to help you breastfeed your baby so that you and your baby are healthy and happy.

If you need help with breastfeeding, CalViva Health has services to help you. You may need a breast pump or help from a lactation consultant. Your doctor or your baby's doctor can send you to a lactation consultant. Your doctor or your baby's doctor can also get you a breast pump. If you need breastfeeding help, ask your doctor or your baby's doctor. For more help, please call CalViva Health Member Services at **888-893-1569 (TTY: 711)**, 24 hours, 7 days a week.

Educational materials – 800-804-6074 (TTY: 711), Monday–Friday, 9 a.m. to 5 p.m., excludes weekends and holidays. CalViva Health has other health educational materials that you can get at no cost.

CalViva Health website – www.calvivahealth.org
You can get some health education materials and other information at the CalViva Health website.

Community breastfeeding resources

WIC – The Women, Infants and Children Program has breastfeeding classes, breastfeeding support and breastfeeding education materials. To find a WIC location close to you, call **800-852-5770 (TTY: 711)**, Monday–Friday, 8 a.m. to 5 p.m. WIC also has information on their website at www.wicworks.ca.gov.

La Leche League – La Leche League has support groups for breastfeeding women. To find a group near you, call **800-525-3243 (TTY: 711)**, Monday–Friday, 6 a.m. to 2 p.m. La Leche League also has a website with breastfeeding information: www.llli.org.

California Breastfeeding Coalition – You can see if your county coalition has a guide of breastfeeding resources in your area by visiting www.californiabreastfeeding.org.

The hospital where you had your baby may also have a lactation consultant. Call the hospital where you had your baby to learn more.

UC Davis Human Lactation Center – The UC Davis Human Lactation Center has a website where you can learn about your baby's behavior. Go to www.secretsofbabybehavior.com.

The U.S. Department of Health and Human Services Office on Women's Health – The Office of Women's Health has information about breastfeeding. Call **800-994-9662 (TTY: 711)**, Monday–Friday, 6 a.m. to 3 p.m. or visit www.womenshealth.gov/breastfeeding.



To learn more, call the Health Education Information Line toll free at **800-804-6074 (TTY: 711)**, Monday–Friday 9 a.m. to 5 p.m., excludes weekends and holidays.

For questions about your CalViva Health benefits, call the Member Services toll free at **888-893-1569 (TTY: 711)**, 24 hours a day, 7 days a week.

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.

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