



Breastfeeding is a wonderful gift for you and your baby.

Breastfed babies' needs are met quickly, so they tend to cry less. They are easily comforted and tend to feel secure and self-confident.

Other ways to help your baby feel secure:

- When your baby first shows signs of hunger, breastfeed. This is usually $1\frac{1}{2}$ to 3 hours around the clock for newborns. Let him set his own feeding schedule. Your baby may experience growth spurts at 2 weeks, 6 weeks, 3 months and 5-6 months, when he will want to nurse more often.
- Spend time holding your baby, singing, talking, and reading to your baby.
- Your child is a baby for a short time. Relax and enjoy this time.
- Let your baby know you are proud of his achievements: learning to roll over, sit up, crawl, speak, etc.

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Enjoy Being a Parent



- Relax and enjoy this time of growing and learning. Your baby is special and unique, like no other. Play with him, spend time together, laugh and talk.
- Get to know your baby. That is, see and listen to his cries and movements to tell when he is hungry, sick, bored or needs you to hold him. A baby's cries are different and tell you if he is hungry, sick, frightened, angry, bored, or tired.
- Read aloud to your baby every day. Point to the pictures and talk about what you see in them. This time with your child is very important. Children's books help parents teach about many things. They entertain and help your child want to learn.
- Take care of yourself. Your health is important to the health of your child. Set aside some time for yourself each day. Relax, do something you enjoy, read a magazine, listen to music, give yourself a facial, or take a long bath.
- Breastfeeding makes traveling easy, so do some things with your baby you will both enjoy.