

## HOW TO TELL IF YOUR BABY IS HUNGRY



Baby turns his head from side to side in search of your breast.

Baby sucks on his fist.

Baby makes sucking noises.

Nurse your baby whenever you see these cues. When you nurse on cue, you train your body to make the right amount of breastmilk for your baby.

**August is World  
Breastfeeding  
Month!**

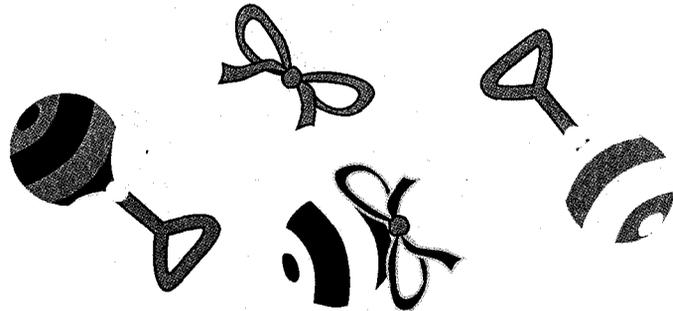
# WIC FOR YOU

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## Breastfeeding : the easy way to good health

Mothers who breastfeed soon learn that breastfeeding is the easiest way to feed a baby. Breastmilk is the right temperature, always ready, and there are no bottles to carry. Comforting your baby is faster and travel is easier. The only food or drink your baby needs during the first six months of life is breastmilk.



Mothers who breastfeed will tell you the hardest part of breastfeeding is in the beginning when both mother and baby are learning. It takes a little effort the first few days to learn to position your baby and get him to latch onto the breast correctly. The first few weeks your baby will nurse about every 1 ½-2 hours. This is normal for most babies. You should nurse often to increase the amount of milk being made and to help keep your breasts from getting too full.

Remember that there is always help if you need it. If you have questions about breastfeeding, just call your local WIC office or Mom's Place toll-free number: 1-800-5 14-MOMS (6667).



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# Ask WIC?

**Q** How do I know if my breast-fed baby is getting enough milk?

**A** Your baby is getting enough milk when **all** of these things happen:

1. Your baby has at least six wet diapers every 24 hours.
2. Your baby has at least three dirty diapers every 24 hours for the first six weeks. The bowel movements will be loosely formed and yellow in color, like mustard.
3. Your baby gains 4-8 ounces each week.

## A Few Good Reasons to Breastfeed

- Breastfed babies do not get sick as often as formula-fed babies.
- Breastfeeding helps with brain growth, vision, and teeth and jaw formation.
- Breastfed babies are less likely to have certain health problems later in life.
- Breastfed babies are less likely to have allergies.
- Breastmilk is easy for babies to digest so they have fewer tummy aches.
- Breastfeeding helps protect you against breast cancer and brittle-bone disease.
- Breastfeeding creates a strong bond between you and your baby.
- Breastfeeding gives you an “extra hand” to hold a book and read to your baby or hug another child.
- Breastfeeding releases hormones that help you relax and make you a calmer parent.



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# JUST FOR KIDS

Make up a story about what each child is doing to help Mommy.

