

10 STEPS TO MAKE PLENTY OF MILK

1. ITS ALL IN THE BREASTMILK!

- Just nurse! The Canadian Pediatric Association recommends that your baby have exclusive breast milk for the first 6 months – no other food or drink is needed.

2. FEED EARLY.

- Feed at the earliest signs of hunger: if baby's awake, sucking on hands, moving his mouth or eyes, or stretching.

3. FEED OFTEN.

- The more often you feed the more milk you make. Feed as often as baby wants (at least 8 times in 24 hours).

4. TEACH BABY TO OPEN BIG!

- Learn latching technique. It is called breastfeeding – not nipple feeding.

5. WATCH THE BABY, NOT THE CLOCK.

- Feed your baby when she's hungry and switch sides when swallowing slows down or she takes herself off the breast.

6. IF HE DIDN'T SWALLOW, HE DIDN'T EAT.

- Listening for the sound of swallowing will help you know if your baby's getting milk.

7. SLEEP NEAR YOUR BABY AND NURSE LYING DOWN.

- You can rest while you feed your baby!

8. SAY "NO" TO PACIFIERS AND BOTTLES.

- If pacifiers and bottles are used when your baby is hungry, you may not be nursing often enough to make plenty of milk.

9. ANY TIME; ANY WHERE!

- For the first several weeks plan to take your newborn everywhere with you.

10. IF YOU NEED HELP, DON'T WAIT TO ASK.

- If you wait too long to get the help you need, it may be harder to breastfeed. Stick with it – it's worth it!