

The ABC'S of Breastfeeding



AWARENESS. Watch for your baby's signs of hunger and breastfeed whenever your baby is hungry. Don't wait for your baby to cry. That's a sign they are too hungry.



BE PATIENT. Breastfeed as long as your baby wants to nurse each time. Don't hurry your infant through feedings. Infants typically breastfeed for 10 to 20 minutes on each breast.



COMFORT. Relax while breastfeeding, and your milk is more likely to flow. Make yourself comfortable with pillows as needed to support your arms, head, and neck.

60% of new mothers will start breastfeeding their infants sometime after birth, only 20% of them are still doing so by 4 months of age.

QUICK TIPS FOR BREASTFEEDING:

- **Focus on the feet.** Babies seem to nurse better when their feet are touching something like your leg, the arm of a chair, or a pillow tucked next to you. It makes them feel more secure.
- **Lie on your side.** This lets you rest your shoulders and lower back if you tend to hunch over, and it's good for moms who've had a C-section.
- **Stay hydrated** to ensure your body can make enough milk. A good idea is to sip from a glass of water while nursing.

