Get an Early Start

• Try to begin breastfeeding within an hour after delivery - sucking instinct is strong at this time.
• You will not be producing breast milk right after delivery, but your breasts do contain colostrums, a thin liquid that contains antibodies.

Nurse on Demand

• Baby’s need to nurse about every two hours and not on any strict schedule.
• This will stimulate breast milk production.
• Eventually, the baby will settle into a regular routine.
• Breast milk is more easily digested so breastfed babies will need to feed more often than bottle-fed babies.

Proper Positions

• Baby’s mouth should be wide open.
• Nipple should be as far back in the baby’s mouth as possible, as this minimizes soreness for mom.
• Contact a nurse, midwife or lactation consultant to help with proper positioning if problems occur.

Delay Artificial Nipples

• Wait a week or two before introducing a pacifier so baby doesn’t get confused.
• Artificial nipples require different sucking than real ones

Air Dry

• Air dry nipples to keep them from cracking which can lead to infection
• If the nipples do crack use breast milk or other natural moisturizers to assist in healing

Expect Engorgement

• A new mother usually produces lots of milk, making the breasts big and sometimes painful
• Feeding the baby often will help relieve the engorgement

No Supplements

• Nursing babies don’t need sugar water or formula nutrients
• Supplements may interfere with the baby’s appetite and therefore reduce milk production

Adapted from the U.S. Food and Drug Administration’s “Tips for Breastfeeding”