

# Breastfeeding is Best for My Baby and Me!

Breastfeeding is such a special time in you and your baby's life that we want to help you keep it comfortable, enjoyable, and fun. Breast milk is better nutritionally for your baby, plus it can help you lose weight gained during pregnancy. Don't be timid, generations of moms have gotten the hang of it! If you have doubts, keep this tip sheet handy for reference.

## For my baby, breastfeeding...

- Reduces the risk of obesity.
- Builds immunities to fight infections.
- Enhances brain development & intelligence.
- Gives protection from allergies.
- Reduces crying.
- Provides comfort and security.
- Reduces constipation and gas.
- Decreases number of ear infections.

## For me, breastfeeding...

- Gives me time to relax and get more rest.
- Is less work, no bottles to prepare or wash.
- Takes the pregnancy pounds off faster.
- Saves up to \$2500 per year. Breast milk is priceless.
- Means no late night trips to the supermarket.
- Decreases my risk of breast cancer.
- Makes me proud. Because I know I am doing what's best!

## 10 Tips to Breastfeeding Success

1. Have at least one person who has successfully breastfed to call for support.
2. Breastfeed often, a baby has a tiny tummy.
3. Pay special attention for signs of hunger such as restlessness and lip movements so you know when it is time to nurse.
4. If you are having problems or it hurts, call your support person right away.
5. The first few days may be uncomfortable, but this won't last long.
6. The more you breastfeed, the easier it gets.
7. Learn the different breastfeeding positions. One position does not fit all needs.
8. Relax and enjoy the time. Your baby will grow up fast.
9. Don't introduce a pacifier until your baby is used to sucking on a breast.
10. Don't listen to people who do not support breastfeeding. They are in the dark and you are smarter.

## Healthy Eating Tips for Mom

- Eat a healthy, balanced diet.
- Drink plenty of water. This will help maintain your milk supply.
- Dieting while nursing is OK, but don't lose more than 1-2 pounds per week.
- Keep an eye on what you eat and drink. Some things may upset your baby's tummy.
- Avoid food or drink that contains alcohol and caffeine.

## 5 Simple Snacks To Enjoy During Breastfeeding Months:

1. Carrot & cucumber slices with low fat dip or cottage cheese
2. Peanut butter and apple slices
3. Fresh fruit pieces dipped in yogurt
4. Cheese and whole-grain crackers
5. Handful of nuts & raisins

