

Breastfeeding...

For My Baby. For Me.





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Breastfeeding is Important

Choosing how you will feed your baby is one of the most important decisions you will make as a new parent. Breastfeeding is a gift that only you can give your baby. Your baby will feel safe and secure and you will provide a healthy start for your baby's life. You will find breastfeeding to be a fulfilling part of motherhood.

There are many reasons why breastfeeding is important for women and their infants. This booklet provides information about breastfeeding and tips to help make your breastfeeding experience a successful and happy one.

Breast milk is nature's perfect food.

By breastfeeding, you are giving your baby food designed to meet his needs. Breast milk is the complete food for infants. It changes as your baby grows.

The ingredients in breast milk cannot be manufactured. Breast milk has living cells that fight off illnesses. It has ingredients that ensure proper brain and eye development and a healthy immune system and digestive tract. Breast milk protects your baby from allergies.



All babies need Vitamin D. Breastfed babies get it from Vitamin D drops. Formula fed babies get it from their formula.

The benefits of breast milk continue to promote normal healthy growth long after breastfeeding ends. Infants who are breastfed have healthier weights as they grow, and score higher on IQ tests.

Breastfeeding will help protect you from Type 2 Diabetes and certain cancers such as breast cancer. Your body will use a lot of calories to make breastmilk for your baby. Since your body uses so many calories, you may find it easier to return to your prepregnancy weight.

Breastfeeding is a gift of love.

Breastfeeding is more than food; it creates a bond that will last a lifetime.

Breastfeeding your baby releases hormones that allow you and your baby to bond in a very special way. These hormones have a calming effect that helps your baby sleep and you to relax. Breastfeeding creates the perfect relationship that provides protection, nurturing, and comfort.

Breastfeeding is important for the environment. Breast milk is 100% natural and will help protect your baby from pollutants in the environment. It will never be recalled due to contamination. Breastfeeding produces no waste, plastics, or leftovers, just everything your growing baby needs.



Birth and Breastfeeding

Tell the doctors and nurses in the hospital that you want to breastfeed. Ask them not to give your baby a bottle of formula (unless it's medically necessary) or a pacifier. If there is a change in shift, talk with the new staff about your decision to breastfeed. Talk with the breastfeeding specialist at the hospital to get support before you go home even if you have no questions.



Breastfeed within the first hour after birth.

Your baby will be ready to feed within the first hour after birth.

Put your baby on your skin between your breasts, with a blanket over baby for warmth. You may see your baby bob his head looking for your breast. Your baby will naturally know how to find his way to your nipple; he may just need to be in the right spot, so hold him close, skin-to-skin.

Have the baby stay in your room with you, not in the nursery.

This is called rooming-in. New babies must eat frequently, day and night. When your baby is in the same room, you will see when your baby is hungry. There also is less of a chance someone will mistakenly give your baby a bottle of formula or a pacifier. Formula will interfere with your milk production; it will make your baby full and not hungry to breastfeed. A pacifier will hide the feeding cues and make it more difficult to tell when your baby is hungry.

If you had a C-section, you can still breastfeed. Babies born by C-section, or whose mothers received epidurals and other labor medications, may need more time before they are ready to nurse. Mothers should hold their babies skin-to-skin and be patient. It may take baby 2 hours or longer to start breastfeeding.



Breastfeeding helps your womb start to shrink.

During the first 24 hours after birth, when your baby is nursing, you may notice uterine cramps, like menstrual cramps. These are more obvious if you have given birth before. These cramps are a protective response and help the womb or uterus shrink, preventing excessive bleeding.

Breast milk provides special benefits to babies born early or who are sick. It helps them grow and prevents illness. If your baby is unable to breastfeed, you can express and freeze your milk until he is ready. Ask the hospital's breastfeeding specialist for help getting started.



First Days of Breastfeeding

Get breastfeeding off to a good start. Breastfeed soon after birth and breastfeed frequently.

Your body is building your milk supply during the first 4 to 6 weeks after birth. The feedings during these important first weeks will establish how much breast milk you will produce later. Give your baby only breast milk. Do not replace breast milk with formula. If you replace feedings with formula, your body may not produce enough breast milk.

For the first few days, your breasts produce small amounts of fluid called colostrum, your baby's first milk.



Building a good foundation:

- Breastfeed soon after birth and breastfeed frequently, 8 to 12 times in 24 hours.
- Hold your baby skin-to-skin.
- Keep your baby with you.
- Do not give a pacifier or a bottle until breastfeeding is well established.
- Give only breast milk.

Some mothers notice colostrum leaking from their breasts as early as the fourth or fifth month of pregnancy. It is a yellowish-color fluid that contains millions of protective cells. Colostrum helps your baby stay healthy. There is no other way to pass this protection to

a newborn other than breastfeeding. Colostrum is often called baby's first immunization or "liquid gold" because of the protective antibodies found in it. Colostrum helps babies pass their first bowel movement (which helps prevent jaundice) and provides all the nutrition babies need in their first few days.

Your colostrum will change to mature milk within 1 to 5 days after your baby is born. Once your mature milk comes in, you may see it around your baby's mouth after feeding. You may notice one breast leaks while the baby nurses from the other. You may even hear gulping sounds as he sucks, since there may be a lot of milk. Your breasts will feel full as compared with the first day. Your milk may look watery and thin, even bluish. This is normal.

Once you are home, you may have questions or want someone to help you with breastfeeding. Reach for the phone and call someone who can help. Before you leave the hospital, ask for the name and telephone number of a breastfeeding specialist or someone who can answer your questions about breastfeeding. Your WIC breastfeeding coordinator and peer counselor can help and will want to know how you are doing. Call them if you have a question or just to let them know your baby was born.

If your breasts become very full and uncomfortable or painful, they may be engorged. To prevent or relieve engorgement:

- Breastfeed often, maybe as often as 12 times per 24 hours or every 1 to 2 hours.
- If your baby does not wake to feed, try hand expressing a little milk to relieve the fullness until your baby is ready to eat. Don't let your baby go too long without feeding.
- When your baby is ready, start feeding from the fuller breast first. If needed, hand express a little milk to soften the areola (the darker area around the nipple) so that your baby can latch on.
- Try a warm shower or place a warm, wet cloth over the breasts. This may help release some milk.

How to hand express breast milk:

- Gently massage breasts.
- Relax and think about your baby.
- Place thumb and index finger around areola.
- Bring fingers back toward chest wall and gently roll forward, toward the nipple.
- To protect sensitive tissue, do not pinch the nipple or slide fingers toward the nipple.



Illustration used with permission from Amy Spangler.

Practice makes perfect

While the first few days home with a new baby can be a wonderful experience, it can also be a very difficult time, whether breastfeeding or not. There are many changes taking place in your life.

After a couple of weeks, you and your baby will get into a rhythm and your breasts will adjust to the amount of milk your baby needs.

Think of the first few times you breastfeed as practice. Try not to become frustrated; remember that you and your baby are tired from the birth and both learning how to do it. Your baby may not be very hungry.

After a while, you will be surprised what you can accomplish while nursing...answering the phone, feeding another child, reading, etc. This is also a great opportunity to just sit back, relax and talk to your baby. Breastfeeding really makes life easier.



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Mothers have enough breast milk.

Breast milk is made on demand; in other words, the more you breastfeed the more milk you will make. Allow your body to learn to make enough milk for your baby by feeding your baby only breast milk.

Feeding formula means less breastfeeding, which results in less breast milk being made.

Babies tell you when they are hungry. They give feeding cues long before they start to cry. Keep your baby close and watch for feeding cues. Don't watch the clock. Breastfeeding should not be scheduled.

Feeding and Fullness Cues

Feeding cues	Fullness cues
Fussing	Comes off nipple; falls asleep
Opens mouth	Stops sucking
Smacking lips	Turns head away from nipple
Restless movement while asleep	Closes mouth and sealing lips
Opening mouth when lips or cheeks are touched	Shows interest in other things
Soft noises or cooing sounds	Hands open and relaxed
Rooting or searching for your nipple	
Sucking on hands or lips	
Pre-cry facial grimaces	
Wakes and tosses	



A newborn infant will need to be fed often because baby's stomach is very small, about the size of a marble. You may find that you are nursing every 1 or 2 hours for the first several weeks, but this will not last long.

You know your baby is getting enough milk when he is:

- gaining weight. Breastfed infants gain weight differently from formula-fed babies. Your baby should return to his birth weight by 2 weeks of age. Then, he should gain about 4 to 8 ounces a week for the first 6 months.
- content after feeding. While nursing, you will see his lower jaw move and his ears wiggle, and you may hear him swallow while nursing. His cheeks will appear rounded when nursing.
- taking a mouthful of breast, with more of the bottom of the areola (darker skin around the nipple) than the top. Your breasts should feel full before nursing and soft afterward. You should not feel sore or have pain.
- having plenty of wet and dirty diapers.

You will know that your baby is getting enough by checking the diapers according to the following chart.

Days old	Number of wet diapers	Number of dirty diapers	Stool appearance
Day 1	1	1	black/sticky
Day 2	2	2	black/sticky to greenish
Days 3-5	3 to 5	3 to 4	yellow seedy
Days 5-7	4 to 6	3 to 6	yellow seedy

Babies need to wake up during the night to be fed.

Nighttime feedings are very important because they help stimulate milk production.

Newborn babies need to eat frequently, as often as every 1 to 2 hours during the day and up to 4 hours at night. You may notice your baby sleeping longer by about 2 or 3 months of age and even longer by 4 months of age.

You may hear that your baby will sleep through the night if you give them cereal. There is no proof that this works. It can be a choking hazard and if your baby is under 6 months of age, he is not ready for cereal or other solid foods. Putting cereal in a bottle allows the cereal to quickly flow into the baby's mouth making it hard to swallow.

Feeding a sleepy baby:

In the early weeks after birth, your baby may be sleepy. You should wake your baby to breastfeed if 4 hours have passed since the beginning of the last feeding. Try:

- removing any blankets
- changing the diaper
- placing baby skin-to-skin
- massaging baby's back, stomach, arms or legs
- putting a little of your expressed milk on baby's lips

Tips for success:

- Rest when baby rests.
- Keep baby close by in a crib or bassinet.
- Create a dark, unstimulating sleep environment. Resist the urge to play with your baby during night feedings; make them “business” feedings. Just feed him and put him back to bed. This may help your baby understand that night time is sleeping time.
- Try not to focus on how many times you are up during the night, but enjoy those private nursing moments.
- All babies are different. Try not to compare your baby with others.
- Have everything you need during the night at your bedside.
- Start to establish a bedtime routine: putting on pajamas, reading a story, etc.
- Have some background soft noise such as a fan (not blowing directly on baby) or a radio turned on low.



Mothers can get support.

Talk to your partner and family about your plans to breastfeed; let them know how important it is to you. Do not wait until just before the baby is born to talk about breastfeeding. Talk about it early in pregnancy and be ready to answer any questions family and friends may have. Invite them to attend a breastfeeding class or doctor's appointment with you.

Make sure they understand that breastfeeding is best for you and that it will help your baby grow strong and healthy. The people close to you may worry that they will not bond with the baby if they cannot feed her. Reassure them that they can help and they are just as important to the baby.



Dads and other family members play an important role. Dad's new role is to give support while mom provides for the baby.

Tips for dads:

- Hold baby skin-to-skin, babies need lots of cuddling. Dad's wide, flat chest is a great place for baby to rest.
 - Babies need visual stimulation and interaction. Talk, read, sing and take a walk.
 - Enjoy bath time with your baby.
 - Carry your baby in a sling.
 - Go to doctor's appointments and breastfeeding classes.
- Kiss your baby whenever you pick him up.
 - Be there for mom and help her cope with any stress she may be feeling.



Mothers can breastfeed.

The first couple of weeks of motherhood can be stressful. Remember, you are a new mom; give yourself and baby a little time. Think of it as a dance. At first, it may feel clumsy but soon you and your baby will be working well together.

If you are feeling stressed, try these suggestions:

- Don't wait until your baby is crying to feed him. Look for the early hunger cues.
- Hold your baby in a comfortable way, breathe and relax.
- Kiss your baby whenever you pick him up.
- With baby just in a diaper, put him against your skin on your chest and between your breasts. Stroke his back. This often calms baby so he can nurse.

Being a mother may be hard sometimes; breastfeeding is just one piece of the puzzle. It can be the best piece that easily fits into your lifestyle.

- Take a break from your baby. Leave him in the care of someone you trust. Express or pump milk for a later feeding.
- Put baby in a sling and take a walk. Your baby loves being close to you and the motion of walking rocks him to sleep.

Often mothers find, to their pleasant surprise, that breastfeeding is easy. There is nothing to warm, wash, measure or mix. Grab a diaper and go!

Common sense and some good choices are all that matters.

- Eat the healthy foods you like. There is no need for a special diet or to avoid certain foods.
- The risks of drinking alcohol while breastfeeding are not well defined.



You should avoid alcohol if breastfeeding. As long as alcohol is in your bloodstream, it is in your breastmilk. Pumping your breastmilk and dumping it does not remove the alcohol in your breastmilk or speed up its elimination from your body. Only time will eliminate the alcohol. If you choose to drink alcohol, an occasional, small drink just after you have breastfed your baby may be okay, but wait two or more hours before breastfeeding again. To make sure your baby doesn't miss a feeding you may want to plan ahead and store expressed breastmilk for these special occasions.

- If you smoke, wait until after a feeding. Do not smoke right before or during nursing, and never smoke in the same room with a baby. Babies exposed to smoke have a higher risk of Sudden Infant Death Syndrome (SIDS). Call the NYS Smokers Quit Line for help, 1-866-NY-QUITS or 1-866-697-8487.

“My sling is my best friend. I don’t go anywhere without it. My baby loves his sling. He can sleep and nurse while in the sling and I have both hands free”.



Breast milk is always ready. It is always the right temperature and available wherever you are. During an emergency, like a power outage, you will not have to worry about getting safe food for your baby.



What You Need to Know

Once you get breastfeeding off to a good start, you will feel your confidence grow.

Let-down

Let-down is when your milk flows to the nipple. Your body does this on its own. Breastfeeding is easier when your body is relaxed and comfortable. This will help your milk “let-down.” Even if you do not feel relaxed, you can help your milk let-down by relaxing your shoulders, taking a deep breath, and letting it out slowly. You do not have to feel relaxed for the milk to let-down but it helps.

You may feel the let-down before your baby starts suckling or after your baby has been sucking for a couple of minutes. Let-down feels different to nearly every woman. Some barely notice a tingling feeling as their babies nurse; others say it is a squeezing sensation. Either way, it lasts for a brief moment and is one of the signs that your baby is getting your milk. After you have been breastfeeding for a few weeks, just hearing your baby or even thinking about your baby may cause let-down.

Leaking

In the first few weeks of nursing, your breasts may leak milk, especially at night. This is normal and will decrease over time. Meanwhile, consider wearing a comfortable

While breastfeeding on one breast, the other breast may leak or drip some milk. Some moms capture it in a storage bag for a later feeding.

bra, a tank top or pajamas that will support your breasts. During the day, breastfeeding women are often more comfortable wearing a supportive bra that is not too tight. Many women like the convenience of a nursing bra, one with front flaps that can be unhooked for breastfeeding. You can wear nursing pads inside your bra to absorb leaking milk. For disposable nursing pads, select those without a plastic lining. Washable, cotton nursing pads or folded cotton handkerchiefs can be used to line your bra. You can wear layers of clothing, like a

jacket, that can hide leaking. If one breast leaks while you are nursing from the other, gently press the leaking nipple with your arm. Or, you can take advantage of the leaking and collect some of the milk to give to your baby when you are away.

Nurse on one side until your baby lets you know he is full. You know he is full when he:

- stops sucking
- falls off your breast releasing your nipple
- falls asleep
- relaxes his body and opens his fists

If your baby stops sucking, but does not come off the breast on his own, slide your pinky finger into the corner of his mouth and gently break the suction. Burp him and offer the other breast to see if he is interested. If he nursed on only one side, the next time you feed your baby, begin with the breast not used at the last feeding. If he nursed on both breasts, begin nursing on the breast he nursed from last.

Trouble remembering which side to start? Try switching a ring or a bracelet from hand to hand to remind you what side to start on for the next feeding.



Positions

Choose a comfortable position to feed your baby. Some of these positions are called cradle hold, clutch hold, or lying down. Try them and see which is best for you and your baby. It may be good to change position to stay comfortable. In each position, it is important to make sure the baby has latched onto your breast the right way.

Cradle Hold:

- Place a pillow on your lap.
- Put your baby on his side on the pillow, tummy to tummy with you.
- Rest his head on your forearm, with his nose in front of your nipple.
- Tuck his lower arm under your breast.



Clutch Hold: (This may help if you had a C-section)

- Place a pillow at your side.
- Put your baby on a pillow with his legs tucked under your arm.
- Slide your forearm under your baby's back and support his head with your hand.



Side-Lying:

- Lie on your side with knees bent.
- Put your baby on his side, facing your nipple.
- Place your other arm, a pillow, or a rolled-up blanket behind the baby to support him.
- Stay awake for safety.



Cross-Cradle Hold:

- Bring baby across your front so baby's face, tummy and chest are facing you.
- Wrap baby's legs around your side.
- Breastfeed on the breast opposite your supporting arm.
- Support your breast using your free hand.

The laid back position is becoming a popular way to nurse. Get comfortable in a semi-reclined position in bed or in an arm chair. Place your baby's stomach down on your chest or stomach. He will nuzzle and find his way to your breast where he will latch on. Babies know what to do with just a little guidance from you. Try stroking baby's feet, it seems to help. This position is easy, comfortable and will probably feel very natural.



Latch

Be sure your baby has a large mouthful of breast, the nipple and a large part of the areola (the darker area around the nipple) with more of the bottom than top in his mouth. If the baby sucks on just the nipple, it could become sore and cracked. Your baby is latched on well when:

- both lips are curled out, not tucked in
- the nipple and about one inch of the areola are in the baby's mouth
- his chin is buried in your breast with his nose lightly touching
- his tongue is visible under the nipple when you pull down his lower lip



How to Handle Common Problems

Breastfeeding should not hurt. If it does, ask a breastfeeding specialist or WIC peer counselor for help.

Sore Nipples are usually caused by poor positioning or latch during feedings. Some remedies are:

- Make sure your baby has both the nipple and a large part of the areola (the dark part around the nipple) in his mouth.
- Hold your baby close; remember he should not have to turn his head to reach your breast.
- Get help to check his position.
- Nurse your baby before he is very hungry by watching for early hunger cues so he will not suck as hard.
- Massage the breasts before feeding to help the let-down reflex so the milk is there when your baby starts nursing.
- Change feeding positions.
- To speed healing, rub some expressed breast milk on the sore area after feedings and let nipple air dry. Breast milk helps fight infection.
- Do not use soap or creams on your nipples.
- If using nursing pads, change them to keep breast dry between feeding. Wear cotton bras and clothing.

During most illnesses, such as a cold, breastfeeding gives your baby antibodies to protect against infection, so it is important to continue to breastfeed.

It helps to leave your breasts exposed to air without anything touching them.

Thrush is an easily treatable yeast infection that can form on your nipple, on your breast and in your baby's mouth from contact with your nipple. A baby with thrush may have a diaper rash with red sores.

Breast symptoms may be:

- mild, such as itchy, slightly pink nipples and areola
- red, very painful nipples and areola both during and after feeding
- pain radiating through the breast, especially after feeding

Both mother and baby require treatment and should be seen by their doctor to obtain anti-fungal medication.

Plugged Milk Duct is caused by an area of the breast that is not being emptied completely. The area may be sore and still feel firm after feeding. Tight bras, bras with underwires or tight clothing can make this worse and should be avoided. Additional remedies are:

- Nurse your baby on the sore side first. This may be uncomfortable but it will help to unclog the duct.
- Gently massage the sore area from the armpit down toward the nipple, especially while the baby is sucking or while taking a warm shower.
- Remove any dried milk secretions on the nipple with warm water.
- Change positions at each feeding.

Mastitis is a breast infection that causes fever and flu-like aches, pains or a red hot area on the breast. It usually happens after having a plugged duct or extreme engorgement. Frequent, on-demand nursing helps prevent this condition. If you think you have mastitis, continue nursing and call your doctor. The treatment for mastitis includes:

- nursing more often
- breastfeeding with the sore side first
- applying moist heat to the breast
- bed rest and plenty of fluids
- pain-relief medicine
- antibiotics



Feelings

If you are feeling sad or down, get some help by calling your health care provider. During the first few weeks with your newborn, you might feel sad at times. Don't worry. You're not alone. You may feel moody, nervous and unable to sleep. Ask someone you trust to help you with your baby and get some rest. Hormonal changes after birth are normal but some mothers experience a more serious condition known as postpartum depression. You may not even be aware of it. Someone else like your husband or mother may notice it. Listen to them and get some help. Call your health care provider. Signs of postpartum depression include:

- crying often
- feeling helpless
- anxiety
- sadness
- isolation
- change in appetite
- short temper
- sleep problems
- lack of interest

Medications

You can breastfeed even when taking most medicines, but always check with your doctor or breastfeeding specialist first. Your doctor should work with you to find a medication that is okay to take while breastfeeding.

Moms should not breastfeed if they:

- **have HIV/AIDS**
- **have T-cell lymphotropic virus type I or II**
- **use illegal drugs**
- **are being treated with cancer chemotherapy medications or radiation**
- **have active tuberculosis**

Or if baby has:

- **Galactosemia, a rare genetic metabolic disorder**

Always tell your health care provider about any health problems or medications. Information from the internet may not be true.

During your pregnancy, talk to your health care provider about birth control. You can get pregnant while nursing. It is important to use an effective birth control method such as condoms, a diaphragm, an IUD or certain birth control pills. Some types of birth control can affect your milk supply. Work with your doctor to find the best method for you.



The Depo-provera shot is birth control that prevents pregnancy for several months at a time. The Depo-provera shot may delay or prevent milk production if given before milk supply is well established. If you would like to use Depo-provera for birth control, wait until your milk supply is well established, about 6 weeks, before getting the shot.

Returning to Work or School

Many moms return to work or school and continue to breastfeed. If you can, return to work gradually. This gives you time to adjust and helps your body make a good supply of milk. Talk with your supervisor about different options that may have worked for other women. Make a tentative plan for how you can combine breastfeeding with employment or school.

Some options to consider when planning your return to work or school:

- Start back to work part time for a brief period before working fulltime.
- Work from home or combine working at home and at work.
- During your first week back to work, only work one or two days. For instance, if your normal work week is Monday through Friday, go back to work on Thursday or Friday. This gives you and your baby a shorter period to adjust to being away from each other before you go back fulltime.
- If possible, take a mid-week day off for a few weeks and breastfeed on your baby's schedule to rebuild your milk supply.
- Work a split shift, with a long break in the middle of the day to go home and be with your baby.
- Consider using childcare close to work so you can visit and breastfeed your baby, if feasible, based on your work schedule.
- When you arrive to pick up your baby from childcare, take time to breastfeed. This will give you both time to reconnect before traveling home and returning to other family responsibilities.

Get a good pump.

WIC has pumps that work. A good quality electric pump may be your best strategy for efficiently removing milk during the workday. Electric pumps that allow you to express milk from both breasts at the same time reduce pumping time.

Things you can do during your maternity leave to prepare:

- Take the maximum maternity leave possible.
- Breastfeed only. This will establish your milk supply. **Do not** introduce formula.
- Practice expressing milk using a breast pump.
- Begin storing your breast milk in the freezer to have available as needed.
- Prepare yourself to deal with pumping and possible leaking. Know which clothes will make using a breast pump easier and disguise any leaking.
- Make a trial run before returning to work. Try spending some time away from your baby. Introduce a bottle of expressed breast milk before returning to work. You may find that your baby will take a bottle better from someone other than you. You may need to try different types of bottle nipples.

Going back to school:

Ask about using the guidance counselor's or other office for pumping. The nurse's office can be busy and often the private areas are taken for sick students.

Appropriate places to express milk at work:

- company lactation room
- private office that can be locked
- **do not** use a bathroom stall. You have the right to pump in a clean area
- look for some creative spaces



Pumping tip:

Bring a picture of your baby to look at as you pump. Think of your baby and some of the new things he has learned such as smiling or holding his head up.

Making your plan work:

During the first months of life, babies need to breastfeed 8 to 12 times in 24 hours. This will maintain a sufficient amount of milk for your childcare provider to feed your baby while you are at work. The number of times you need to express milk at work should be equal to the number of feedings your baby will need while you are away. During the first few months, many women express milk for 10 to 15 minutes approximately 2 to 3 times during a typical 8-hour workday. When babies are around 6 months old and begin solid foods, they often need to feed less often and many moms find they can express milk less often while at work.

Keep your milk safe. Use an employee refrigerator or a cooler with ice packs. Store milk in small amounts, write your baby's name, and the date on the storage bags.

Storing breast milk:

- Put breast milk on a shelf in the refrigerator or in a cooler with ice.
- Use pumped milk within **4 days** or freeze it to use later.
- Breast milk can be frozen for up to 6 months.
- Once it has thawed, use it within 24 hours.
- DO NOT re-freeze breast milk.
- Thaw or warm breast milk under warm running water.
- Never microwave breast milk. It can cause hot spots that will burn the baby's mouth and too much heat can destroy nutrients.
- Do not save pumped breast milk left in the bottle after a feeding.

WIC Can Help

WIC recommends breast milk. WIC supports breastfeeding mothers by providing them with a food package of greater value than those who do not breastfeed. Breastfeeding mothers receive benefits for 6 months longer than mothers who do not breastfeed. Infants at 6 months of age receive a food package of greater value than formula fed infants.

WIC has breast pumps that work. WIC will make sure you get the right pump for your needs.

WIC has breastfeeding peer counselors, mothers with breastfeeding experience who help other mothers. Your peer counselor will be there when you need her. She will help build your confidence, answer questions, and get help if you need it.

Learn more about breastfeeding. WIC has a web site developed for mothers. Visit and learn more: **www.breastfeedingpartners.org**.

It's your baby...It's your decision.

Make your decision based on facts and your feelings, not on what family or friends may have told you. If you have concerns about breastfeeding, the easiest way to overcome them is to try breastfeeding, or talk to your WIC breastfeeding peer counselor.

The longer you breastfeed, the greater its benefits. The American Academy of Pediatrics recommends giving your baby only breast milk for the first 6 months. Then, continue to breastfeed for the first 12 months or longer as you add new, healthy foods to your baby's diet. Many mothers enjoy nursing their toddler. You and your baby will know when it is time to wean. No one else can make that decision. Meanwhile, your baby continues to get the many benefits of breast milk.

Resources

New York State has laws that protect mother's rights to breastfeed:

NYS Civil Rights Law, Section 79-e Breastfeeding in Public Law

You can breastfeed your baby wherever you are. No one can tell you to leave or use another room.

NYS Labor Law Section 206-C Breastfeeding in the Workplace Accommodation Law

Your employer cannot discriminate against you for choosing to breastfeed your baby or for pumping milk at work.

NYS Public Health Law 2505-a Breastfeeding Mother's Bill of Rights

It is your right to be informed about the benefits of breastfeeding and have your health care provider encourage and support breastfeeding.

Talk to your health care provider about breastfeeding. Know your rights before you deliver. You have the right to:

- good information free of commercial interests.

After you deliver, you have the right to:

- have your baby stay with you.
- insist that your baby not receive bottle feeding.
- 24-hour access to your baby with the right to breastfeed at any time.

Before you return home, you have the right to:

- refuse any gifts or take-home packets that contain formula advertising or product samples.

Visit these websites and learn more:

The New York State Department of Health

www.health.ny.gov

The New York State Department of Health oversees a vast number of public health programs including WIC and Breastfeeding Promotion and Support.

www.health.ny.gov/community/pregnancy/breastfeeding

Child and Adult Care Food Programs (CACFP) supports breastfeeding.

For a list of Breastfeeding Friendly Day Care Centers, go to:

www.health.ny.gov/prevention/nutrition/cacfp/breastfeedingctrs.htm

www.breastfeedingpartners.org is a web site designed to help mothers with breastfeeding. It is funded by the NYS Department of Health's WIC Program.

La Leche League

<http://www.lalecheleague.org/WebUS.html>

The official website of La Leche League (LLL) includes breastfeeding information, peer counseling, chat rooms etc. LLL is an organization that offers information and encouragement primarily through personal help to those women who want to breastfeed their babies.

The National Women's Health Information Center

<http://www.womenshealth.gov>

The National Women's Health Information Center of the US Department of Health and Human Services was created to provide FREE, reliable health information for women everywhere. It is a resource for information in areas like heart disease, disabilities and pregnancy. The site has an up-to-date section on breastfeeding including a downloadable brochure, *Easy Guide to Breastfeeding* in English, Spanish, Chinese; also for African American and Native American women.

<http://www.womenshealth.gov/publications/our-publications/breastfeeding-guide/>

Baby Goo Roo

<http://www.babygooroo.com>

An online community where parents and health professionals share knowledge and access timely information. The focus is child health with an emphasis on breastfeeding.

Postpartum Resource Center of New York

<https://postpartumny.org/>

The Postpartum Resource Center of New York is a nonprofit organization representing perinatal mood and anxiety disorders support and education. The mission of this organization is to increase awareness and access to care for New York State moms, dads, and their families at risk for experiencing a perinatal mood and anxiety disorder.

Office of Alcoholism and Substance Abuse Services

<https://www.oasas.ny.gov/index.cfm>

For more information about alcohol and substance use prevention and intervention resources visit this website.

Congratulations, you're going to be a great mom!

Peer Counselor: _____

Breastfeeding Coordinator:

Notes Page:

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To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

For other complaints contact:

(1)mail: WIC Program Director
NYSDOH, Riverview Center
Room 650, 150 Broadway, Albany, NY 12204; or

(2) phone: The Growing up Healthy Hotline at 1-800-522-5006; or

(3) email: NYSWIC@HEALTH.NY.GOV

