

# You Can Make Plenty of Breastmilk

## What to do:

- **Breastfeed often, at least 8 times in every 24 hours. The more you breastfeed, the more milk you will make.**
- **Watch your baby, not the clock.** Feed your baby at the earliest signs of hunger—moving arms and legs, sucking on hands, moving mouth.
- **Make sure baby's mouth is open wide when you put her on the breast.** She should have as much of the areola (dark part around nipple) in her mouth as possible.
- **Listen for swallowing or gulping when baby breastfeeds.**
- **Avoid bottles and pacifiers for at least the first month.** If you give your baby a bottle or a pacifier, you will produce less milk.
- **You may need to wake your baby to nurse her if she is not breastfeeding at least 8 times per day.**
- **If you have any questions or concerns about breastfeeding, ask WIC or your doctor!**



*“My baby was not gaining weight like he should have. The WIC program taught me to latch him correctly and followed up with me until he was at the right weight.”—WIC Mom*

## What to expect:

- **Babies have times when they grow faster.** Your baby will have times when she wants to eat more often for a couple of days, because she is growing faster.
- **Feedings will take less time after the first 3 to 4 weeks.**
- **Waking up is healthy and normal for babies.** They need to wake up often to breastfeed, and waking up also helps their brains to develop. At around 2 months, babies start to sleep longer at night.
- **After the first week, your baby should have 6 to 8 wet diapers each day.**
- **After the first week, your baby should gain at least 3 ounces each week.**
- **Your breasts will be softer after each feeding. They will also get softer as your baby grows. This does not mean you don't have enough milk!**
- **Your nipples may be tender at first, but breastfeeding should not be painful.**

*“It’s a great bond and something only I can do—plus it’s nutritious and beneficial to both of us.”*

— WIC Mom



## Helpful tips:

Breastfeeding is easier if you take your baby with you when you go out for the first several weeks.

Ask for support from your partner, family or friends.

As you and your baby learn, breastfeeding will get easier and more comfortable!