

Breastfeeding Resources

HealthVermont.gov/YouCanDoIt – The WIC Mother Baby Breastfeeding page with resources, video tips and more to help you keep breastfeeding, from the VT Dept. of Health

HealthVermont.gov/WIC/Food-Feeding Breastfeeding – Information about current laws regarding breastfeeding mothers in public and the workplace

BabyGooRoo.com – Breastfeeding and child nutrition for parents and professionals

BreastfeedingPartners.org – Breastfeeding information from New York WIC

CDC.gov/Breastfeeding – Breastfeeding information for parents and professionals

GotMom.org – Breastfeeding information and resources for mothers and families from the American College of Nurse-Midwives

ILCA.org – International Lactation Consultant Association. Find a lactation consultant in your area and get other helpful resources.

KellyMom.com – Breastfeeding information and internet links for mothers

WomensHealth.gov – Breastfeeding questions and answers from the National Women's Health Information Center, Health and Human Services

WorkAndPump.com – Information about breastfeeding for working moms

YouTube.com/user/cobfcvideos – Three videos about moms, employers and breastfeeding friendly workplaces, developed by the Colorado Breastfeeding Coalition

My Breastfeeding Checklist

The First Few Months & Beyond

My breastfeeding goal is to exclusively breastfeed my baby for _____ months.



This project has been funded at least in part by the U.S. Dept. of Agriculture (USDA), Food & Nutrition Service. The contents of this publication do not necessarily reflect the view or policies of the USDA, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government. This institution is an equal opportunity provider. All photos used with permission. © August 2013

WIC
WOMEN
INFANTS
CHILDREN
We nourish families.

VERMONT
DEPARTMENT OF HEALTH



Learn what to expect with breastfeeding and know where to find support.

Knowledge + Support + Confidence Success



Signs that breastfeeding is going well and I'm making enough milk:

- My baby is breastfeeding at least 8-12 times every 24 hours.
- My baby is having 3-4 poops and 6-8 wet diapers each day.
- I can hear my baby gulping or swallowing at feedings.
- Once my baby latches on, my nipples do not hurt when my baby nurses.
- My baby is receiving only breastmilk (no water, sugar water or formula).



I will check-in with my pediatrician or my lactation consultant if:

- My baby acts fussy when we nurse and does not seem satisfied after most feedings
- My baby is not breastfeeding at least 8 times every 24 hours.
- My nipples hurt during feeding, even after my baby is first latched on.
- I can't hear my baby gulping or swallowing, or I can't tell.
- I think I'm not making enough milk
- I think my baby isn't gaining weight.

Don't wait to call your baby's doctor or the lactation consultant as soon as **you** think breastfeeding is not going well.

1 GETTING TO KNOW MY BABY

Communicating with each other

Birth date: _____ Time of birth: _____

Birth weight: _____ Discharge weight: _____

Baby's weight at check-up 2 days after discharge: _____
(It's common to lose up to 7% from birth)

Baby's second week weight: _____
(Baby should regain birthweight by 10 - 14 days)

- I know I want to breastfeed, and can stick with it as I learn my baby's patterns for crying, eating, peeing, pooping and sleeping.
- I am prepared for some challenges, and understand things will get easier as my baby gets older.

2 THE NEXT FEW MONTHS

Continuing the breastfeeding relationship

- I can learn to express, collect and store my milk for when I am away from my baby.
- I will talk with my employer about supporting my continued breastfeeding.
- I will choose a child care provider who understands and supports breastfeeding.
- I will practice ways to breastfeed discreetly so I can become comfortable feeding my baby in front of others.
- If I think I may need a breastpump, I will call WIC or my health care provider and they will help me get a pump that meets my needs.
- I will add complimentary solid foods beginning at 6 months.