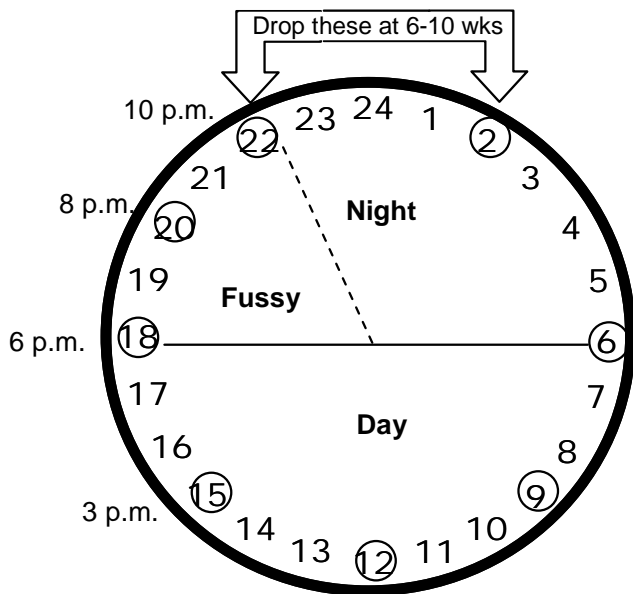


Breastfeeding Basics

FIRST FEW DAYS (up to 4-5 days with first baby)

- Lots of practice
- 10 minutes per side maximum
- No limits to how often
- Pay no attention to time of day
- Supply and Demand: Now is demand. Supply comes later.
- Use consultant if needed, but stick with limits recommended here.
- Stress/worry work against breastfeeding.
- It's okay to offer a bottle, but until your milk is in and your baby is nursing well, it's not a fair fight.



ONCE MILK IS IN...

- Stay with 10 minutes per side.
- 2 hour minimum from start of one feeding to start of the next.
- Still pay no (particular) attention to time of day, but you can be more attentive in the day and less attentive in the night, if you want.

ONCE BABY IS AT OR ABOVE BIRTH WEIGHT...

- 10 minutes per side
- 2 hour minimum, 5 hour maximum = 8 feedings in 24 hours (*This will happen. You don't have to try.*)
- Work on schedule to meet your needs.
- Wait until 2 to 4 weeks of age to introduce a bottle. Then, it's best for someone other than Mom to give the first few bottles.