



The BOOK on Breastfeeding

It's time to breastfeed your baby if:

- Baby is awake with arms and legs moving
- Baby makes fists or brings hands to mouth
- Baby starts to move head in sleep with rapid eye movement under her eyelids
- Baby makes "rooting" motions trying to latch
- It's been 2-3 hours since baby last breastfed well.

Important to know:

- Breastfeed early and often, at least 8-12 times in 24 hours
- The more you breastfeed, the more milk you will produce
- Allow baby to breastfeed as long as interested
- The breast is never empty, baby can come back for seconds
- Nipple pain should not occur. Ask for tips on latching baby deeply
- All suckling should be at the breast
- Any time baby receives formula, pump both breasts 10 to 15 minutes.