

BREASTFEEDING

A **Healthy Start** for **Your Baby**

*The best food
for your baby...
it comes from you!
Breastfeeding is
good for you and
your baby.*

WHY BREASTFEED?

- ▶ It is good for you and your baby.
- ▶ Breast milk is better than any other type of milk for most babies.
- ▶ Breast milk has everything your baby needs to grow and be healthy.

BREASTFEEDING HELPS YOUR BABY

- ▶ Breast milk is easy to digest.
- ▶ Breast milk protects your baby from health problems and diseases.
- ▶ Babies who are breastfed may be smarter.
- ▶ Babies who are breastfed are less likely to gain too much weight.

BREASTFEEDING HELPS THE MOM

- ▶ It helps the mom bond with her baby.
- ▶ It helps the mom lose weight.
- ▶ It lowers the risk for some cancers.
- ▶ It saves time and money.

WHAT ELSE SHOULD YOU KNOW?

Do not give your baby a plastic nipple or bottle for the first month. A baby can latch on to a breast with no help. When you breastfeed, touch your skin to the baby's skin. Babies should drink only breast milk for the first six months. Breastfeeding should continue after the baby starts to eat solid food. Try to breastfeed at least one year after

your baby is born. You can pump milk for someone else to give to the baby when you are away.

When your baby cries it may be hungry. It takes time and practice to learn how to breastfeed. Your breasts may be sore at first. Make sure the baby's mouth is wide open around the dark part of the nipple to help prevent the breast from getting sore.

You may need to eat and drink more when you breastfeed. Never smoke near your baby. Try to stop smoking and avoid secondhand smoke. Alcohol may affect your baby. Wait at least two hours after drinking alcohol before you breastfeed.

WHERE TO GET HELP

- ▶ County of Los Angeles Breastfeeding Support:
1-213-639-6463
- ▶ La Leche League:
1-800-LA-LECHE

Talk to your doctor or nurse. They can help. Breastfeeding is a great way to give your baby a healthy start in life.