

BREASTFEEDING TIPS

Patience, Practice & Support



Breastfeeding is a journey that is unique for every mother and baby. Patience, practice, and support are key to a successful experience.

1

Get ready

- **Learn about breastfeeding before giving birth:** It is natural for your body to make milk after the baby is born.

2

Know when baby is hungry

- **Look for clues:** Your baby will show they are hungry by moving their head around or sucking on things.
- **Make a cozy spot:** Set up a lovely place to sit with things you might need close by.

3

Help baby latch on

- **Hold baby right:** Keep your baby close so their mouth is right in front of your nipple.
- **Latching:** Help your baby open wide and take in a good amount of the breast, not just the nipple.

4

Feed whenever baby wants

- **How often:** Give your baby milk when they show they are hungry, which is a few times a day.
- **How long:** Let your baby drink until they seem full and stop on their own.

5

Stay Comfortable

- **For you:** Move around until you are comfortable and use pillows if you need to.
- **For baby:** Make sure your baby is not too hot or cold and feels snug.

6

Watch Baby Eat

- **Listen:** You can hear your baby swallowing the milk.
- **Full baby:** Look for a happy, relaxed baby to know they have had enough.

7

Finish Up

- **Gently stop:** If you need to stop, carefully put your finger in your baby's mouth to stop the sucking.

8

Get Help if You Need It

- **Ask Experts:** If you are having trouble, it is okay to get help from someone who knows a lot about breastfeeding.
- **Join a Group:** Talking to other moms who are breastfeeding can give you useful tips and support.

For more information, visit:
everymothereverychild.org



Cook County
DEPT. of
Public Health

BUILDING
HEALTHIER
COMMUNITIES