

## Breastfeeding your newborn

You'll love breastfeeding your newborn. For the first six months of life, breast milk is the only food your baby needs to grow and thrive:

- “Exclusive” breastfeeding for six months gives your baby the best protection against disease. That’s why breastfed babies are not sick as often.
- Breastfeeding helps you be healthier, too. Mothers who breastfeed lose their pregnancy weight more quickly.
- At six months, start adding other foods and continue breastfeeding.
- Nursing is not just about feeding. Being close to you during breastfeeding comforts your baby.

Did you know Oregon law requires employers to give moms a place and the time to pump breast milk at work? This makes it easier for working mothers to continue breastfeeding.

You and baby will learn to breastfeed together

- Your newborn’s tummy is very small. Feed your baby every couple of hours, both day and night.
- Your baby will let you know he or she is hungry by turning to look for the nipple, making sucking noises, or putting a hand in his or her mouth. Feed at these first signs of hunger, before your baby cries.
- Feeding your baby formula or water instead of breast milk signals your body to make less breast milk.
- Plus, formula doesn’t protect your baby from colds, infections and other health problems.



Mom and baby need support from dad, partners, family and friends:

- Spend time with older children, do household chores or make dinner.
- Create your own special times with baby. Walk and rock the baby or give baby a bath.
- Sing and read to the baby. Soothe the baby with your voice and skin-to-skin contact.
- Most of all, tell mom you are proud of her for breastfeeding.

For more information

Call the hospital where your baby was born to ask for help from a breastfeeding (lactation) specialist.

### **WIC**

If you are enrolled, call your clinic for breastfeeding help. Or to find out how to enroll go to [www.wic.oregon.gov](http://www.wic.oregon.gov).

### **Oregon 211info**

[211info.org](http://211info.org)

Call 211 or 1-800-723-3638

### **Oregon Wage and Hour Law for working, breastfeeding mothers**

[www.boli.state.or.us/BOLI/WHD](http://www.boli.state.or.us/BOLI/WHD)  
or 971-673-0761

### **Breastfeeding Coalition of Oregon**

[www.breastfeedingor.org](http://www.breastfeedingor.org)