

**These 10 Valuable Tips will help
make your breastfeeding experience
more successful and enjoyable.**

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B



- Feeding

6.



- Baby can have all the benefits of breast milk even if you plan to go back to work or school
- When breastfeeding is well established, you can express milk and leave it with the caregiver for feedings throughout the day
- Breast milk can be stored in the refrigerator (3 days) or frozen (about 6 months). Refrigerate or freeze breast milk in clean bottles or bags and date them
- Warm up the breast milk by standing it in hot tap water before it is used. Microwaving or stove heating breast milk is not recommended
- Inquire about flexibility at work to have breastfeeding or pumping breaks

7.



- Exclusive breastfeeding (no food or liquids other than breast milk are given to baby) for the first 6 months of baby's life may delay the return of menstruation, but ovulation can still occur, so you should talk to your healthcare provider about birth control methods and options

8.



- Try to sleep when baby sleeps
- Do not ever sleep with baby in the bed with you
- Accept and/or ask for help with housework and meals
- Invite visitors only when you feel ready
- Eat healthy and drink plenty of fluids
- Remember that cigarette smoke is harmful to you and baby
- Alcohol and other drugs can pass into breast milk and may harm baby. Consult with a medical professional about any medications or substances you use or might use that could cause harm to baby

9.



- Keep communication open
- Connect with other breastfeeding mothers for support
- Discuss any concern you may have regarding breastfeeding
- Do something fun every day (relax in the bathtub, take a walk with baby, keep in touch with family and friends) – do not become isolated

10.



- Holding baby close stimulates many senses
- A baby who is smiled at, talked to, and cuddled will develop a sense of security
- Breastfeeding is more than simply providing nutrients and calories for physical growth – it contributes to an intimate and special relationship
- You and your baby have the right to breastfeed anywhere, anytime and there are many techniques to help achieve this comfortably
- Ask friends,