

Mom, you have everything I need. Please let me learn to breastfeed before giving me a bottle or pacifier.

- When baby feeds at the breast mom's body knows to make more milk.
- If baby is full from formula & misses a breastfeed, mom's body will slow milk production.

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- Formula is harder for baby to digest.
- Formula increases the risk of colic and allergies.
- Formula does not provide baby with natural immunities and may increase baby's risk for getting sick.
- Formula fed infants have an increased risk for jaundice and poor weight gain.

Bottles have long nipples that flow faster than mom's nipple. Some babies will refuse to nurse once they have been introduced to a bottle nipple.

- Pacifiers may reduce the number of feedings at the breast, which can decrease mom's milk supply.
- Pacifiers may mask feeding cues and signs of hunger.
- Introducing a pacifier before breastfeeding is well established can lead to painful latch on the breast and nipple soreness for mom.

THE AMERICAN ACADEMY OF PEDIATRICS RECOMMENDS AVOIDING PACIFIERS FOR THE FIRST FOUR WEEKS OF LIFE UNTIL BREASTFEEDING IS WELL ESTABLISHED

- Resting and spending time skin to skin.
- Allow baby to suck on your clean finger.
- Talk, sing, read, walk, and/or rock baby to calm them.
- Play soft music or provide soft background noise.
- Gentle massage can help.
- Is baby hungry? Observe feeding cues.
- Does baby have a wet or dirty diaper?
- Is baby overstimulated?
- Is baby hurting or sick?

