

I am a Breastfeeding Baby



Breastmilk **ONLY** please.

Baby _____ Mom _____

♥ No water or other liquids are needed. ♥

Birth Weight _____ Date of Birth _____ Time _____

Birth Length _____ Doctor _____ Gender _____

5 Tips for Breastfeeding Success

- Breastfeed within the first hour.** Ask to comfort your baby skin-to-skin soon after birth.
- Room-in with your baby.** Keep your baby in your room all day and night so you can get to know and watch over your baby. This early time of practicing breastfeeding together is important.
- Breastfeed often, every 1 1/2 to 3 hours,** or when your baby shows early signs of hunger.
- Avoid using a pacifier in the first month.** Babies who use a pacifier may not nurse as often. Offer your breast at the earliest sign of hunger to give your baby as much milk as possible.
- Ask for a telephone number to call for help or support.** All breastfeeding questions are important, especially after you go home! Write numbers to call here:
Your WIC Clinic _____ For other support _____

Thank you for giving your baby a great start!

For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-841-1410 (TDD/TTY 1-800-833-6388). This institution is an equal opportunity provider. Washington WIC does not discriminate.

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