As a breastfeeding mom, you will get lots of support and help from WIC. To learn more, call your local WIC clinic or 1-800-545-6747.

**Easy Steps to Get Started Breastfeeding**

1. Get in a comfortable position, with relaxed shoulders and arms, sitting up straight with a flat lap.
2. Hold your baby beneath your breasts with her entire body facing you. Support her back, neck, and shoulders, allowing her head to rest naturally.
3. Support the breast by placing fingers underneath the breast against the chest wall.
4. Point your nipple to the area between your baby’s nose and top lip.
5. Rub the bottom side of the nipple on the baby’s lower lip, keeping your nipple above baby’s top lip.
6. Wait for your baby to open her mouth wide, then pull her in close with her chin touching your breast and place your nipple into your baby’s mouth. Her upper lip should reach just up and over the nipple.
7. Let the baby nurse on the first side for as long as she wants. Burp the baby. If she is still showing signs of hunger, offer the other breast.
How often should my baby nurse?

Breastmilk is gentle to your baby’s stomach and easily digested. Babies nurse often to establish the milk supply they need. Newborn babies will nurse 8 to 12 times every twenty-four hours. Nursing patterns change as babies grow. Just like us, babies are hungrier at some times more than others. Around the time of growth spurts (2 weeks, 6 weeks, and 3 months), your baby may nurse more often to meet her needs. After the growth spurt, most babies usually return to their previous nursing pattern.

Watch your baby for hunger cues:

- Smacking lips
- Sucking on hands
- Moving head around
- Rooting or turning her head to search for the breast

Crying is a late sign of hunger. Most babies will give you cues that they are hungry before they begin to cry.

You’ll know breastfeeding your newborn is going well when:

- Baby feeds 8 to 12 times every 24 hours, including at night.
- Baby wakes to feed.
- You hear swallowing when baby nurses.
- Mom’s breasts soften during the feeding.
- Baby has plenty of wet and dirty diapers:
  - At least one wet diaper and one poop the first day of life.
  - On day three breastfed babies usually have 3–4 wet diapers and 1–2 poops.
  - Later during the first week of life breastfed babies usually have about six wet diapers and a yellow poop after almost every feeding.
- Baby has regained her birth weight within 10–14 days.

Proper Latching

You know your baby is latched on well when:

- A large part of the dark area (areola) below the nipple is deep in baby’s mouth.
- Baby’s chin is pressed into your breast and her nose is not.
- Baby’s lips are curved outward.
- Breastfeeding is free from pain.

Most babies end the feeding by letting go. If you need to stop the feeding, slip your finger into her mouth to break the suction.

Diapers — What’s normal?

During the first week, stools will change from black and tarry to yellow and liquid. This is normal and is not diarrhea. Normal stool texture is liquid to soft. In the first few weeks some babies will have a poop diaper after each nursing. You’ll notice more wet and poop diapers as your milk supply increases.

Watch the baby, not the clock, for hunger and fullness cues.

You’ll know baby is full when:

- Her body is relaxed.
- Her fists are open.
- She lets go of the breast.

Should you wake a sleeping baby to nurse?

During the newborn period, wake a baby who has been sleeping for four hours. You can:

- Change the diaper.
- Remove the blanket.
- Wash the baby with a cool washcloth.

Be patient with yourself and your baby. Breastfeeding is a learned skill that takes practice.