



Breastfeeding Your Baby

Experts recommend providing only breast milk to your baby for the first 6 months of life.

Benefits of Breastfeeding

For Baby

- Decreased risk of diarrhea, ear infections, respiratory infections, urinary tract infections, sepsis, diabetes, and obesity.
- Lower chance of Sudden Infant Death Syndrome (SIDS).

For Mom

- Decreased postpartum bleeding.
- Lower risk of breast and ovarian cancers.
- Sooner return to pre-pregnancy weight.

Getting Started

Put your baby to breast as soon as you can after delivery - ideally within the first hour. Your body will make colostrum, a thick yellow substance, for the first few days until your mature milk comes in - usually when your baby is 3-5 days old.

Make sure to breastfeed your baby at least every 2-3 hours, but it is okay if your baby wants to breastfeed more often than that. Frequent feedings are what tell your body to keep making milk!

Once your baby is done feeding from one breast, try burping them and then offer for them to feed from the second breast.

Once your milk is fully in you may notice a fullness or heaviness to your breasts, or even some milk leaking out. This is normal.

If for any reason you and your baby are separated or your baby will not latch and feed well ask the hospital staff for a breast pump to use.

Contact the Lactation Consultants at Arlington Pediatrics with any questions you have! (847) 398-0400