



United States Department of Agriculture

Food and Nutrition Service



# Breastfed Babies Welcome Here!

**A Mother's Guide**



Dear Mom,

We are glad you are thinking about breastfeeding your baby! Giving your baby breastmilk helps him or her grow to be happy and healthy. As your child care provider, we are here to help you continue to breastfeed when you go back to work or school.

Please remember that some women struggle with breastfeeding for a variety of reasons.

No matter your situation, it is a personal choice to breastfeed your baby. Should you choose to breastfeed, you can benefit from lots of support and reliable information.

This guide will help you and your breastfed baby get ready for child care. We encourage you to continue breastfeeding, and we will support you every step of the way.

Sincerely,

Your Child Care Provider

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## Why Is Breastfeeding Beneficial?



*Breastfeeding helps build a special bond between you and your baby.*

### How Breastfeeding Benefits Your Baby:

- Your breastmilk is made just for your baby. It has the right mix of nutrients he or she needs to grow and to stay healthy.
- Your breastmilk protects your baby and keeps him or her healthy. Breastfed babies get sick less often.
- Breastmilk is easy for your baby to digest. Your baby may have less diarrhea and may spit up less than if he or she was not breastfed.
- Babies taste different flavors in breastmilk based on what the mother eats. This may help your baby accept new flavors from solid foods later on.

### How Breastfeeding Benefits You:

- Breastfeeding helps you recover from pregnancy and childbirth. It helps shrink the uterus after you give birth.
- Breastfeeding may lower the risk of serious illnesses, such as breast and ovarian cancers and Type 2 diabetes.
- Breastfeeding saves you money because you don't have to buy infant formula.
- Breastfeeding may help you miss less work or school because your baby is sick less often.

## What Can I Do to Get Ready to Breastfeed My Baby?

Once you decide to breastfeed, let everyone know so they can support you. Family, friends, your baby's doctor, your child care provider, and others can help you start and continue breastfeeding. These supporters can connect you with help if you need it.



*Father helping the mother breastfeed her baby.*

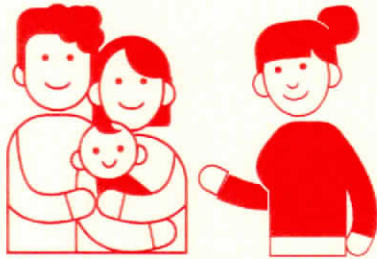
## Be Sure to Tell:

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**Your doctor or health care provider.** If you have any questions, ask for advice. Ask your doctor about talking to a breastfeeding specialist, such as a lactation consultant, to get your questions about breastfeeding answered. Check with your doctor about medications you are taking to make sure they are safe for you and your baby.

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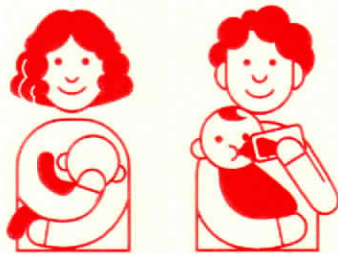
**Your partner, family, and friends.** Share why you plan to breastfeed and the benefits to you and your baby. This information may help them to understand and better support your decision.

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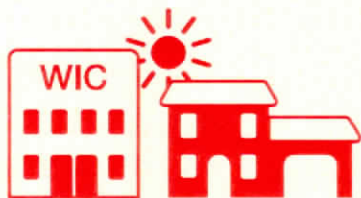
**The hospital staff.** Some hospitals have been recognized by Baby-Friendly USA, Inc. as a “Baby-Friendly” hospital. These facilities provide extra support to breastfeeding mothers. Talk to hospital staff about your plan to breastfeed. To learn more about “Baby-Friendly” hospitals, visit: <https://www.babyfriendlyusa.org>.

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**Your child care provider.** He or she can support you by providing a space to breastfeed your baby at the child care site. While you are away, your child care provider can feed your baby the breastmilk you have pumped.

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**Your local WIC clinic.** Find out if you are eligible and enroll in the Special Supplemental Nutrition Program for Women, Infants, and Children, also known as WIC. WIC provides breastfeeding education during pregnancy and breastfeeding support after your baby is born. It also has a peer counseling program that allows you to connect with other breastfeeding moms. For more information about WIC, visit: <https://www.fns.usda.gov/wic>.



*A breast pump can be used to remove milk from your breast and collect it into bottles.*

## Find Tools to Pump Breastmilk

- **Find the right breast pump for you.** A breast pump removes milk from your breast and collects it into bottles or bags. When stored safely, this milk may be given to your baby at a later time. The attachments to breast pumps do not fit every woman the same. You might have to try different sizes to find the one that fits you the best.
  - Call your insurance company to learn about the type of breast pumps they offer and how to get one.
  - Depending on the State you live in, Medicaid may also cover the cost of breastfeeding counseling and a pump.
- **Learn how to pump breastmilk by hand,** a technique called hand expression. This gives you the choice to remove milk from your breast anytime you need to without using a breast pump.
- **Take a breastfeeding class.** Your local WIC clinic or hospital may offer classes. Encourage your partner, family, or friends to come too! Having support can play a big part in your success with breastfeeding.



# How Can I Prepare for Breastfeeding?

## While You Are in the Hospital

### Tell Hospital Staff

Tell the hospital staff that you are breastfeeding your baby. Explain that you do not want your baby to have any infant formula or water, unless the doctor orders it for a medical reason. As nursing shifts change, you may need to tell staff again — that is okay.

- Tell the doctor and hospital staff that you want to start breastfeeding within 1 hour of having the baby. If you deliver by cesarean section (C-section), ask the staff to help you breastfeed as soon as you are ready and able to hold your baby.
- Ask the staff to place your baby on your stomach or chest right after birth. This is called “skin-to-skin” contact. It may help you bond with your baby and start breastfeeding.



*Most moms need some help with breastfeeding. Don't be embarrassed to ask for help.*



*Having your baby “room-in” with you makes it easier to breastfeed often.*

### Have Your Baby “Room-In” With You

- “Rooming-in” means your baby stays with you in a bassinet in your room all day and night. This makes it easier to breastfeed often. Breastfeeding often tells your body to make more milk.
- If your baby is not staying with you in your hospital room, ask the nurses to bring your baby to you when he or she is hungry so that you can breastfeed.

### Ask for Help

- Ask for help when you need it. Even if you have breastfed before, it is still good to ask for help. Every baby is different.
- Breastfeeding specialists or nurses can help if you are having problems with breastfeeding. They can suggest small changes in the way you hold your baby to help him or her “latch” onto your breast.
- Sometimes, WIC breastfeeding peer counselors will visit moms in the hospital to help them get a good start with breastfeeding. Ask your local WIC clinic about this.



*Mother getting help from her WIC peer counselor.*

## **When You Are Back Home**

Your newborn baby may nurse 8 to 12 times or more in a 24-hour period. Breastfeed your baby as often as he or she shows signs of hunger. Newborns usually eat every 1½ to 3 hours during the day and no longer than 4 hours at night between feedings. Remember to:

- Breastfeed often. This tells your body to make more milk.
- Ask for help if breastfeeding hurts. Call your breastfeeding specialist or health care provider if your breasts feel too hard, your nipples look cracked, or you just don't feel well.
- Wait a few weeks after birth before giving your baby a pacifier unless your doctor has told you otherwise. It is important for you and your baby to feel comfortable with breastfeeding before giving him or her a pacifier.

## **How WIC Helped Zoe**

Zoe is having her first baby! She is excited to meet her little boy, but is also nervous and has lots of questions. Zoe learned about the local Women, Infants, and Children (WIC) program from a friend, and discovered that she is eligible to sign up. Zoe is getting food from WIC, but also talked with a WIC counselor about her interest in breastfeeding. Zoe learned that WIC provides extra foods to breastfeeding moms and they also connect new moms with WIC peer counselors, who are other moms that have breastfed. Zoe felt very comfortable talking to another mom like herself. It really helped being able to reach out to her peer counselor, WIC staff, and her doctor when she needed help with breastfeeding.





Doctor examining a baby.

## Vitamin and Mineral Supplements

Ask your doctor about vitamin D drops for your baby. Even healthy babies that are breastfed need a vitamin D supplement. Your breastfed baby may also need an iron supplement when he or she gets a little older. Always ask your doctor before giving your baby vitamin and mineral supplements.



## How Does Breastmilk Look and Smell?

### How Does Breastmilk Look?

Breastmilk may look different from day to day, and that's okay. The color of breastmilk changes based on what you eat and what your baby needs. It is normal for breastmilk to look slightly blue, yellow, or even green in color.

Breastmilk may look thinner than infant formula, especially if the fat, or creamy part, has separated from the breastmilk and risen to the top of the bottle. This does not mean the breastmilk is spoiled. Gently swirl the milk (do not shake) to mix the layers. Breastmilk provides the best nutrition for your baby.

### How Does Breastmilk Smell?

Breastmilk does not smell like infant formula or cow's milk. Your breastmilk may also smell different from day to day, and that's okay too. Follow the storage times and temperatures on **page 17** to make sure your breastmilk does not go bad.



*It's normal for the fat in breastmilk to rise to the top of the milk. Simply swirl the milk to mix it back together.*

# How Do I Know If My Baby Is Hungry or Full?

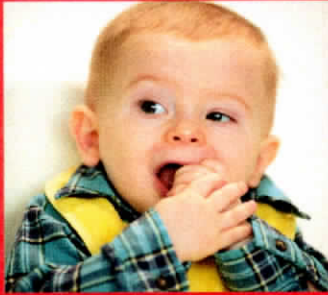
## How Do I Know When My Baby Is Hungry?

Look for one or more of these hunger signs. Just remember, every baby is different! You might find your baby shows a combination of these or only one. During the first few months, you will learn your baby's habits and be the best judge.



- Rooting or turning his or her head and opening his or her mouth wide in search of your breast

- Bobbing his or her head or mouth against your upper body



- Sucking on his or her hands and other objects

- Smacking his or her lips



- Crying is a late sign of hunger



### Tip:

Don't wait until your baby is crying before feeding him or her. It may be harder to get the baby to breastfeed once he or she is upset. Look for one of the earlier signs of hunger above.

## How Do I Know When My Baby Is Full?

Look for one or more of these signs that your baby is full. It's important to stop the feeding when your baby shows that he or she is full.



- Pushes or arches away from you



- Turns head away from your breast



- Falls asleep

- Slows or decreases sucking

- Presses lips together

## How Can I Tell If My Baby Is Eating Enough?

Look for these signs:

- Your baby is gaining weight.
- Your baby's urine is clear or pale yellow.
- Your baby seems happy and is not fussy after a feeding.
- Your breasts may feel less full and softer after you feed your baby.
- Your baby has many wet or dirty diapers.

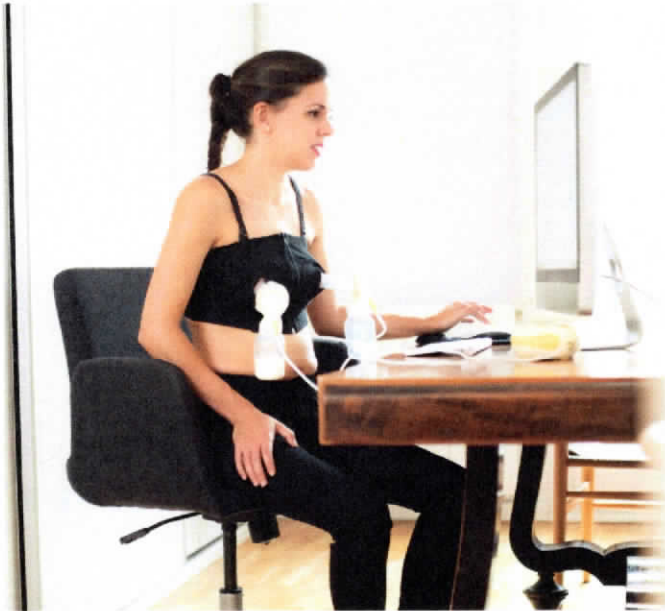
Talk to a breastfeeding specialist, doctor, or health care provider if you are not sure if your baby is getting enough breastmilk.



**Tip:**

There may be days or nights when you feel like your baby wants to nurse all the time or can't get enough breastmilk. This is called "cluster feeding." The reason may be that he or she is having a growth spurt. **Keep breastfeeding when your baby wants to eat.** Most women's bodies will know to make more breastmilk.

# How Do I Continue to Provide Breastmilk to My Baby When I Go Back to Work or School?



*Mother using a double electric breast pump at work.*

## Once You Go Back to Work or School

1. If you are able, use your breaks to go to the child care site to breastfeed your baby.
2. Pump breastmilk at work or school. Chill the breastmilk right away in a refrigerator, freezer, or cooler with ice packs.
3. Bring bottles of your breastmilk to your child care provider with your baby's full name and the date the breastmilk was pumped. See **page 17** for information on storing breastmilk.



## Tip

Begin pumping your breastmilk at least 2 weeks before you go back to work or school.

## Before Going Back to Work or School

Begin pumping your breastmilk at least 2 weeks before you go back to work or school. Starting to pump a few weeks early will allow you to practice pumping and give your baby time to get used to taking a bottle. Make sure you and your baby are comfortable with breastfeeding before introducing a bottle.

Pumping takes practice. Don't worry if you only get a little bit of breastmilk the first few times. See **pages 16-19** for more tips on pumping, storing, and transporting breastmilk to your child care site.

Talk with your Human Resources department or your supervisor before returning to work. Explain that you need a private place to pump your breastmilk. Many employers will provide reasonable break time and space to pump.



*Mother giving breastmilk to child care provider.*

## How Can I Keep Making Enough Breastmilk While My Baby Is in Child Care?

Learn how to express (remove) your breastmilk by hand or by using a breast pump. You can pump and freeze small amounts to build up a supply of breastmilk that you can use later. Having this supply will also make going back to work or school easier.



Try to breastfeed before and after child care and on your days off. Pump when possible. This will help to keep up your breastmilk supply.



*Pump and freeze small amounts of breastmilk to build up a supply that you can use later.*

### When You Are Away From Your Baby

- Pump breastmilk at the same time you would normally breastfeed your baby. This may be 2 to 3 times or more during an 8-hour work or school day. This helps you maintain your milk supply.
- You can express by hand, use a manual pump, or use an electric breast pump. Electric pumps can have a single collection kit or a double collection kit. A double collection kit lets you pump both breasts at the same time. This lets you pump breastmilk in half the time!
- If you are not breastfeeding or pumping and feed your baby infant formula instead, your supply of breastmilk can decrease, and you may not be able to breastfeed for as long as you and your baby wish.



Pumping your breastmilk helps:

- provide your breastmilk to your baby while in child care.
- maintain your breastmilk supply so you can keep breastfeeding.
- relieve pressure in your breasts so that you can feel more comfortable.
- prevent infections in your breasts.
- reduce breastmilk leaking from your breasts.

## Finding Time to Pump

Some mothers have more breastmilk in the morning and find that it is easiest to pump breastmilk then. One way that works well for some mothers is:

- Breastfeed your baby after waking up in the morning.
- Pump breastmilk while nursing or afterward. Store the breastmilk in the refrigerator or freezer.



## José's Story

Baby José is 3 months old and is breastfeeding. At home, his mom breastfeeds him whenever he is hungry. The week before mom returns to work, she writes down when José breastfeeds and finds he eats about every 3 hours. When she returns to work, mom feeds José at the child care center when she drops him off at 8:00 a.m.

In order to stay on the same schedule, she pumps at work at 11:00 a.m. and 2:30 p.m., which are the times when she would feed José at home. This may change as José gets older and his needs and eating habits change. On some days, José eats less often at child care or doesn't finish his entire bottle — that's okay. Sometimes baby José just misses his mommy and breastfeeding directly so he decides to wait until he can see her again to have a full meal.



*Some mothers have more breastmilk in the morning, and find that it is easiest to pump breastmilk then.*

# Daily Breastfeeding and Bottle Feeding Schedule

Keep track of how often your baby eats during the day for a few days before going back to work or school. This will give you a good idea about when you will need to plan to pump your breastmilk while you are away from your baby.

What Time Did My Baby Eat?						
	Morning		Afternoon		Evening	
<b>Sample Day</b>	1:30 a.m.	8:00 a.m.	1:30 p.m.	4:00 p.m.	5:30 p.m.	10:30 p.m.
	4:00 a.m.	11:00 a.m.	2:30 p.m.		8:00 p.m.	
	6:30 a.m.					
<b>Day 1</b>						
<b>Day 2</b>						
<b>Day 3</b>						
<b>Day 4</b>						
<b>Day 5</b>						

## How to Pump and Collect Your Breastmilk



**Clean.** Wash your hands and clean any surfaces.



**Pump and collect your breastmilk.** Collect milk into a clean container meant for breastmilk storage. Hard plastic bottles are best because they do not break and are easy to handle. You can also use glass containers or breastmilk storage bags. Do not use bottle liners or other plastic bags to collect breastmilk. These are not made for the collection and storage of breastmilk.



**Date it.** Label the container with the date you pumped the breastmilk. Keep breastmilk cool in a refrigerator to give to your baby later.



**Clean up.** Keep germs from getting into the breastmilk by washing the parts of your pump that touch the milk with soap and water. Let all of the parts air dry. If you cannot wash your pump parts at work or school, try to bring extra pumping parts to use throughout the day and then wash them when you get home.



*Mother pumping her breastmilk while looking at a photo of her baby.*



### Tip

Some moms find their milk flows better if they:

- Look at a picture of their baby.
- Smell an item of their baby's clothing.
- Apply a warm, moist compress to the breasts or gently massage the breasts.
- Listen to music to help them relax.



## Tip

If you use a double electric breast pump to pump breastmilk from both breasts at the same time, you can keep your hands free to do other things. You can buy a “hands-free” pumping bra. You can also make your own by cutting small holes in the middle of a sports bra to keep the pump next to your breast.



*Leave an inch or so of space at the top.*

## Storing Your Breastmilk

You can store fresh breastmilk in a refrigerator or freezer.

- When you store your breastmilk in the freezer, leave an inch or so of space at the top of the bottle or breastmilk storage bag. Breastmilk will expand as it freezes. Always use the oldest frozen breastmilk first.
- Keep the older breastmilk in the front of the freezer and put your fresh breastmilk towards the back.
- Avoid storing breastmilk in the door of your freezer or refrigerator. The front of the refrigerator and freezer can be warmer because of the door opening.
- Try to use fresh breastmilk whenever possible.
- See the chart below for times and temperatures to store breastmilk at home.

### Maximum Time and Temperature to Store Breastmilk

	<b>Countertop</b> 77 °F or colder (25 °C) (room temperature)	<b>Refrigerator</b> 40 °F (4 °C)	<b>Freezer</b> 0 °F or colder (-18 °C)
<b>Freshly Pumped Breastmilk</b>	Do not use after 4 hours	Do not use after 4 days*	Up to 6 months is best. Do not use after 12 months
<b>Thawed Breastmilk</b>	1-2 hours	Do not use after 1 day (24 hours)	Never refreeze thawed breastmilk
<b>Leftover From a Feeding</b> (baby did not finish the bottle)	Do not use after 2 hours after the baby is finished feeding.		

\*Child care providers participating in the Child and Adult Care Food Program may only store breastmilk in the refrigerator for 3 days (72 hours). This is stricter than the guidelines for storing breastmilk at home. According to the Academy of Breastfeeding Medicine, breastmilk may be stored in the refrigerator at home for up to 4 days.

# How Can I Take My Breastmilk to the Child Care Site?

## Thawing Frozen Breastmilk

If you are preparing bottles using frozen breastmilk, only thaw as much frozen breastmilk as you need. This helps to prevent waste.

- To thaw frozen breastmilk, you can:
  - put the bottle/bag in the refrigerator overnight;
  - hold the bottle/bag under warm running water; or
  - put the bottle/bag in a container of warm water.
- Use thawed frozen breastmilk within 24 hours.
- Do not refreeze thawed or partially thawed breastmilk.
- Do not add fresh breastmilk to already frozen or partially thawed breastmilk.
- You can combine fresh breastmilk with refrigerated breastmilk that was pumped the same day into one container to get the amount needed for a feeding. Make sure to cool the fresh breastmilk first before adding it to the refrigerated breastmilk.

**Caution.** Tell your child care provider not to heat your breastmilk in a microwave. This can create hot spots in the breastmilk and can burn the baby. Heating breastmilk can also damage the important nutrients the baby needs to stay healthy.



*Breastmilk can be stored in a refrigerator or freezer.*

**Important.** If the bottle is warmed, gently swirl the milk and test a small drop on your wrist before giving it to the baby. It should be warm but not hot.

## Warming a Bottle

Bottles do not have to be warmed. If you choose to warm a bottle, you can:

- warm the bottle under warm running water; or
- place the bottle in a container of water that is no warmer than 120°F (49°C).

## How to Transport Breastmilk Safely

It is important to make sure you transport bottles of your breastmilk safely to the child care site to prevent it from spoiling.



1. Wash your hands with soap and water.



2. Fill clean bottles with the amount of breastmilk your baby usually drinks in one feeding.



3. If the fat or creamy part has separated, swirl the container to mix. Do not shake—this can cause some of the breastmilk's nutrients to break down.



4. Bring extra frozen or fresh breastmilk in smaller amounts (1-2 fluid ounces) in case your baby wants more breastmilk than what is in one bottle.



5. Clearly label each bottle of breastmilk with your baby's full name and date the breastmilk was pumped.



6. Take the breastmilk to your child care site in an insulated bag or cooler with ice or ice packs to keep the breastmilk cold. Make sure the breastmilk is put in the refrigerator or freezer as soon as you arrive.

# Feeding Breastmilk in a Bottle

If your baby will receive breastmilk in a bottle at child care, you will need to help your baby get used to a bottle beforehand.

**Here are some tips that have worked for other mothers:**

- **Ask for help.** See if someone else can feed your baby the bottle.
- **Stay out of sight.** If you are the one holding your baby, he or she may search for your breast. If you are nearby, the baby may resist the bottle. Be patient. Remember, your breast is your baby's first choice. With time, he or she will drink from the bottle.
- **Start small.** When you first try using a bottle, offer about half an ounce of breastmilk an hour or 2 after your baby has finished breastfeeding. This is when your baby is alert and ready to eat, but not so hungry that he or she is upset. Once your baby shows he or she is willing to drink from the bottle, you can increase the amount offered.



## Paced Bottle Feeding

Paced bottle feeding is a way of bottle feeding that allows your baby to have control over how much milk he or she takes in.

- When you feed your baby with a bottle, try to hold the bottle mostly sideways, not straight up. Then the milk will flow into your baby's mouth at the right speed.
- Follow your baby's lead. This gives your baby a chance to show whether he or she is hungry or full. If your baby opens his or her mouth to accept more, then he or she is still hungry.
- If your baby turns his or her head, then it's time to end the feeding. Trust your baby to know when he or she is hungry and when he or she is full. Do not make your baby finish a bottle.



Introduce a bottle of your breastmilk at least 2 weeks before your baby starts child care. Make sure you and your baby are comfortable with breastfeeding before introducing a bottle.



**Hold the bottle during feeding and do not prop it. Propping means resting the bottle on something (like a pillow) instead of holding it, and can:**

- cause choking and suffocation.
- possibly cause ear infections and baby bottle tooth decay.
- deprive the baby of cuddling and human contact.

## How to Feed Your Baby With a Bottle

Bottle feeding should take about the same amount of time it takes to breastfeed. Hold the baby in the cradle of your arm during the feeding, so that he or she is sitting almost upright. This makes the baby feel secure and allows you to observe signs of hunger and fullness. It also helps to prevent choking during feeding. If a baby's head is tilted back or lying flat, the liquid could enter the baby's windpipe and cause choking.



Try starting with a slow-flow nipple. For breastfed babies, it is best to choose a flow that is like your milk flow. This type of nipple is most like breastfeeding.



Make sure the end of the bottle near the nipple is filled with breastmilk. This will lower the amount of air your baby swallows.



Brush the nipple of the bottle across the baby's upper lip. Wait for his or her mouth to open.



Switch which arm you hold the baby with every so often when feeding a bottle. This helps the baby feel comfortable being fed from either side. It also gives the baby a chance to see different things to help with eye development.



Make sure to look into your baby's eyes to build comfort and trust.



Follow your baby's lead and burp your baby at natural breaks during the feeding or at the end of the feeding. Burp by gently patting or rubbing the baby's back while the baby is resting on your shoulder or sitting on your lap.

## How Long Should I Breastfeed?

**Breastfeed for as long as you can.** The American Academy of Pediatrics (AAP) recommends that you give your baby only breastmilk for about the first 6 months. The AAP encourages mothers to continue breastfeeding for at least 12 months.



*Father brings breastmilk in a cooler.*

## How Can I Help My Child Care Provider Care for My Breastfed Baby?

**Talk to your child care provider about how you want your baby fed.**

- Tell your child care provider if and when you plan to come to the child care site to breastfeed your baby. This will help the child care provider plan bottle feedings so your baby is ready to breastfeed when you arrive.
- Describe how your baby shows that he or she is hungry. Discuss how your baby indicates that he or she is full.
- Tell your child care provider the best way to soothe your baby when he or she is upset, but not hungry. Let the child care provider know if you want to use a pacifier, toy, or something else to calm your baby.
- Tell your child care provider if you are using a slow-flow bottle.

- Share information about how much your baby typically eats at each feeding. Talk about how often your baby usually breastfeeds.
- Discuss what your child care provider should do if your child runs out of breastmilk. Do you want the provider to call you? Should the provider give your baby formula?

**Plan ahead to help your child care provider.**

- Give your child care provider bottles with the amount of breastmilk your baby usually drinks at each feeding. Be sure to give your provider enough breastmilk to last the full day.
- Label all bottles with your baby's full name and the date the milk was pumped.
- Bring extra fresh or frozen breastmilk in smaller amounts (1-2 fluid ounces) in case your baby wants more milk.



## Dear Child Care Provider: Here Is Information About My Breastfed Baby!

\_\_\_\_\_  
Today's Date

\_\_\_\_\_  
Baby's Name (First and Last)

\_\_\_\_\_  
Baby's Birth Date

\_\_\_\_\_  
Parent's Name (First and Last)

When my baby is hungry, he or she (check all that apply):

- Sucks hands and other objects
- Smacks lips
- Cries
- Roots or turns his or her head and opens his or her mouth
- Bobs head or mouth against your upper body
- Other \_\_\_\_\_

My baby usually drinks \_\_\_\_\_ fluid ounces when I feed him or her.

My baby usually drinks the bottle  cold or  warm.

If my baby runs out of breastmilk, I would like you to:

- use my back-up supply of frozen breastmilk.
- call me, so I can bring more breastmilk.
- give my baby formula.

**I will bring a back-up supply of breastmilk when possible. Please store it in the refrigerator or freezer!**

**If you have a space for me to breastfeed at your child care site, I would be interested in using it.**

Yes  No

**I plan to breastfeed my baby at pick up. Please make sure my baby is ready!**

Yes  No



When I bring in breastmilk, I will label the bottle with my baby's full name and the date I pumped the breastmilk.

**Parent's Signature:** \_\_\_\_\_



*Parents talking about their baby's feeding habits.*

## What About Taking Care of Me?

**Eat healthy foods and stay active.** For healthy eating ideas, visit the Moms/Moms-To-Be webpage at Choose MyPlate <https://www.choosemyplate.gov>.

- Drink plenty of water throughout the day. You may expect to be thirstier than before you were breastfeeding. Have a glass of water while you breastfeed your baby.
- Try to get as much rest as possible. Try to take a nap after you put your baby down to sleep.
- Take time to be physically active.

## Who Can Help Me If I Have Questions or Problems?

It is normal to have questions as your baby grows, especially about breastfeeding. To find someone who can help you, talk with:

- Your WIC counselor if you are a WIC participant.
- Your doctor's office. He or she may have a breastfeeding specialist who can answer your questions.
- Your State or County health departments.
- A La Leche League group. To find a group in your area, visit <http://www.llusa.org>.
- An International Board Certified Lactation Consultant (IBCLC). To find an IBCLC, visit the International Lactation Consultant Association website at <https://www.ilca.org>.

See the chart on **page 25** for a full list of resources that can help answer your questions.





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