

# Nutrition On Your Own



## A Helping Hand for Breastfeeding Moms

When you go home with your new baby, you will be tired at first and need your rest.

### Family members and friends can help.

Helping baby and mom stay calm makes breastfeeding easier. When family members are supportive, mom and baby are calmer. Family members and friends can tell mom what a good job she is doing.



Sleeping skin-to-skin is a good way to help calm the baby. “Skin-to-skin” means baby is naked or in a diaper only. Dad, a grandparent, or a friend can sleep skin-to-skin with baby on the chest.

Family and friends can diaper and dress your baby or play with your baby so you can take a nap or a shower.

Family and friends can help with housework. The first few weeks after your baby arrives, ask someone to help you with:

- cooking
- laundry
- grocery shopping
- cleaning
- errands
- other children

Make a list of ways your family and friends can help you while you breastfeed your baby. Show family members your list before your baby is born. Ask what each person is willing to do for you the first few weeks after your baby is born.

List family, friends, or neighbors who will help you:

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List things family and friends can do to help you:

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### **How to tell if your baby is getting enough to eat.**

The more your baby nurses, the more milk you will make. So, nurse often! Most new babies nurse about every 1½ to 2 hours. If your newborn sleeps longer than 3 hours, wake him up to breastfeed, even at night. Let your baby nurse as long as he or she wants at each feeding.

Do not give your baby water, juice, or formula. Giving your baby anything other than breastmilk will decrease your milk supply and may make your breasts feel too full.

Your baby is getting enough to eat if he or she:

- has 6 to 8 wet diapers with clear urine in a 24 hour period
- has 3 to 4 stools in a 24 hour period

If either of these two things are not happening, call your doctor or WIC clinic, and try nursing your baby more often.

Weight gain will also tell you if your baby is getting enough to eat. Your baby will be weighed at the first check-up, so be sure to take your baby to this very important appointment.

## **Take Home Tips**

Things family and friends can do to help support breastfeeding moms:

**Tip #1:**

Before your baby is born, talk to family members and friends to let them know that you will need their support and help. Suggest ways they can help you. If your WIC clinic has a lending tape library and you have a VCR, you may want to borrow the video, "Breastfeeding and the Family" and watch it with them.

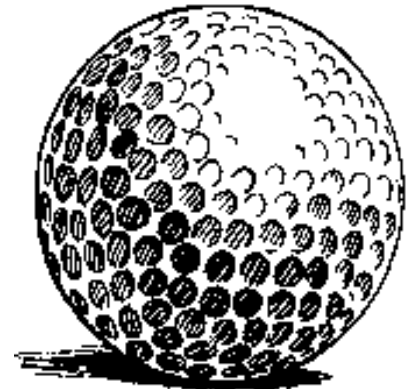
**Tip #2:**

Show family members a golf ball or a walnut, or, if your baby has arrived, show them the baby's fist. This shows how small your baby's tummy is. This is one reason why your newborn will need to nurse so often.

**Tip #3:**

If you have other children, suggest ways they can help you with the baby, too. Children like to watch the baby nurse. While you are getting ready to nurse, they can bring you a snack or a drink, put a stool under your feet, a pillow under your arm, or sing to the nursing baby.

You may use this time to read a story to the older child. Reading aloud is good for your newborn, too, and will help her or him to recognize your voice. Reading to your children now will help them learn to read later.



Picture shown is actual size of golfball.

## What Have You Learned?

Circle all the correct answers after each question:

1. My newborn needs to eat often because his tummy is the size of a:
  - a. golf ball
  - b. walnut
  - c. tennis ball
  - d. baby's fist
  
2. The first six months of life, all my baby really needs is:
  - a. breastmilk
  - b. juice
  - c. formula
  - d. water
  
3. These are ways to help calm my baby:
  - a. letting baby sleep skin-to-skin
  - b. breastfeeding my baby
  - c. walking or rocking my baby
  - d. reading or singing to my baby
  
4. My breasts will make more milk if the following things happen:
  - a. Dad feeds the baby water
  - b. Grandmother gives the baby formula
  - c. I breastfeed my baby often
  - d. my baby cries
  
5. Things my family or friends can do to help me breastfeed:
  - a. put a pillow under my arm or feet when I start to nurse my baby
  - b. bring me a nutritious snack to eat while I am nursing
  - c. diaper my baby while I rest
  - d. fold a load of laundry while I shower
  - e. grocery shop

**Answers**  
 1. a, b, d are the correct answers. c is the only wrong answer.  
 2. a  
 3. All choices are correct.  
 4. c  
 5. All choices are correct.

**Texas Department of Health. Bureau of Nutrition Services.**

WIC is an equal opportunity program. If you believe you have been discriminated against because of race, color, national origin, age, sex, or disability, immediately call the State WIC office at 1-800-942-3678.

