

# HEALTH TIPS

Make Health Happen

## How to breastfeed

### BREAST MILK MEETS YOUR BABY'S GROWTH AND DEVELOPMENT NEEDS DURING THE FIRST YEAR OF LIFE

Breastfeeding is a way to give your baby a healthy start in life. It takes practice and patience.

#### How to breastfeed

Always wash your hands before you breastfeed:

- Hold your baby on his or her side with his or her face in front of your breast. Your baby should be tummy to your tummy, with his or her body in a straight line.
- Hold your breast with your thumb on top and your fingers below the dark skin around the nipple. This is called the "C" hold.
- Gently touch your baby's lips with your nipple. Your baby will open his or her mouth to nurse. Pull your baby in close to you.
- Make sure your nipple and most of the dark skin around it are in the baby's mouth.
- You may need to lift your breast with your fingers to keep it away from the baby's nose.

#### How long do I nurse?

- Let your baby nurse from both breasts at each feeding.
- Nurse for 15 to 20 minutes per breast. There is no set time. Your baby will let you know when he or she is finished.
- Change breasts and nurse as long as the baby wants on the second breast.

- A new baby may nurse every 2 to 3 hours. Sometimes you may need to wake your newborn baby to feed if 4 hours have gone by since last feeding.

#### How do I know my baby is getting enough milk?

- Nurse at least 8 to 12 times in a 24-hour period.
- Feedings may be 15 to 20 minutes or longer per breast.
- Watch that your baby swallows often during the nursing period.
- Look to see that your baby does not act hungry after feeding.
- After the third day, your baby should have at least 6 wet diapers in a 24-hour period.
- Your baby should pass yellow, seedy, runny stools. This is NOT diarrhea.
- Your baby should show he or she is gaining weight each time your baby is weighed.

Try to burp your baby between nursing at each breast and when the nursing period is done.

For more information, visit [www.womenshealth.gov/breastfeeding](http://www.womenshealth.gov/breastfeeding). Or call MedCall at 1-888-850-1108 (TTY 1-800-368-4424).

Office on Women's Health, U.S. Department of Health and Human Services website: [www.womenshealth.gov/breastfeeding](http://www.womenshealth.gov/breastfeeding). (Accessed on June 6, 2014.)



[www.unicare.com](http://www.unicare.com)

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#### Helpful phone numbers for UniCare Health Plan of West Virginia, Inc. only

Customer Care Center: 1-800-782-0095 (TTY 1-866-378-1634)

MedCall: 1-888-850-1108 (TTY 1-800-368-4424)

We can translate this for you at no cost.