

Feeding Your Baby

Oklahoma Cooperative Extension Service • Oklahoma State University



Hints for Breastfeeding

Let your baby establish his or her own pattern of feeding. Relax and position your baby's head level with the nipple. Follow the guidelines below for breastfeeding.

- Nurse your baby on demand. As your baby grows, he or she will have growth spurts which will make him or her want to eat more frequently for a while. This is normal and will make your breasts produce more milk.
- During the first week, have your baby nurse at both of your breasts for about 5 minutes each to help start your milk.
- Later, nurse 10 to 15 minutes on the first breast to be sure it is emptied. If there is not tenderness, nurse as long as your baby wants on the second breast. Begin the next feeding with the last breast used.

- Squeeze the dark area of the breast with your fingers so the nipple protrudes. Stroke baby's lips with the nipple.
- Make sure your baby has the dark area around the nipple in his or her mouth. Hold the breast back with your finger so baby's nose is free to breathe.
- To stop feeding, release suction. Place your finger near the nipple and press the breast away from the corner of your baby's mouth.
- Cover your nipples with a clean cloth or nursing pads between nursing to soak up any milk that leaks from the breast.

Burp your baby during and after feedings by holding your baby upright over your shoulder and patting or rubbing your baby's back gently. If your nipples or breasts become sore, call your public health nurse immediately but continue to breastfeed.



Suggested Readings:

Editors of "Baby Talk" Magazine, The American College of Obstetricians and Gynecologists and Literacy Volunteers of America, Inc. (1994). Breast-feeding your baby. *Baby on the way basics*, 14-16 and 40-41.

Lambert-Lagace, L. (1991). *Feeding your baby: from conception to age two*. Emeryville, CA: Surrey Books.

Reference List:

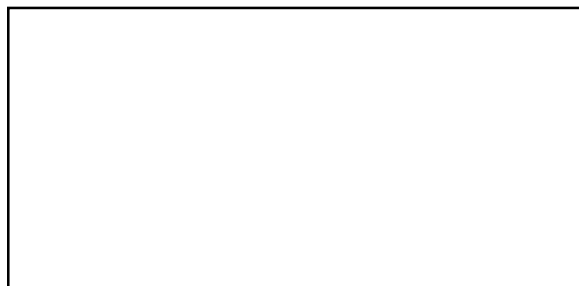
Institute of Medicine (1991). *Nutrition during lactation*. Washington, D.C.: National Academy Press.

Second Follow-Up Report (1991). *The surgeon general's workshop of breast-feeding and human lactation*. Washington, D.C.: National Center For Education in Maternal and Child Health.



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