

Why Should Mom Breastfeed?

- ✓ Human milk is the normal food for human babies. Their bodies are made to grow on human milk.
- ✓ Breastfeeding can save a family over \$1,500 a year in medical and formula costs. For WIC babies that are not breastfed, WIC does not give you all the formula your baby uses. You risk higher medical costs too.
- ✓ Breastfed babies have fewer allergies, earaches and cases of asthma than babies fed formula.
- ✓ Breastfeeding can help babies keep a healthy weight all their lives. Babies who are fed formula have a bigger risk of gaining too much weight as they grow older.

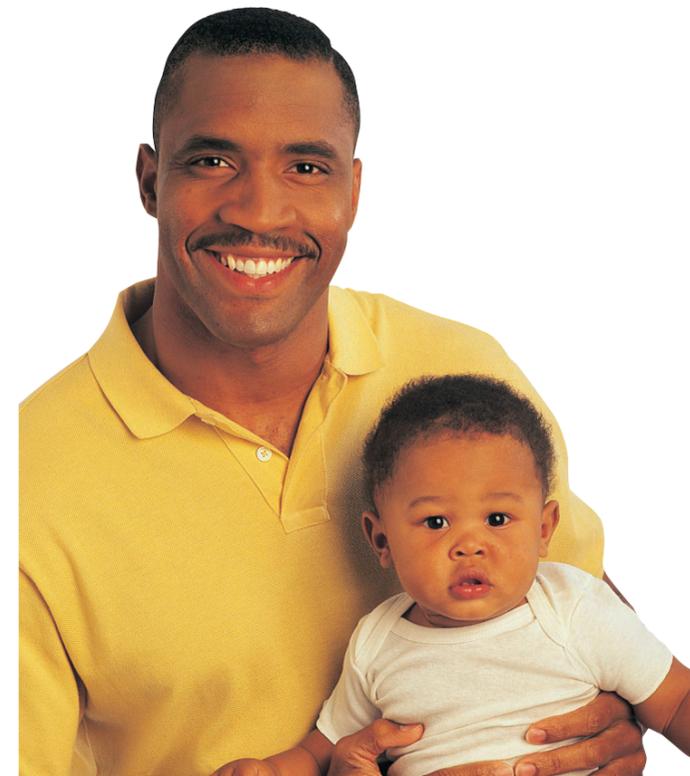


For more information about the
Ohio WIC Program
Call 1-800-755-GROW
For more information about breastfeeding
visit www.breastfeeding.com



USDA is an equal opportunity provider and employer.
10/2013 0289.13

Breastfeeding: How **DADS** Can Help



*~Your Support Can Make
All The Difference*

After your baby is born, Dad can help make breastfeeding go well!

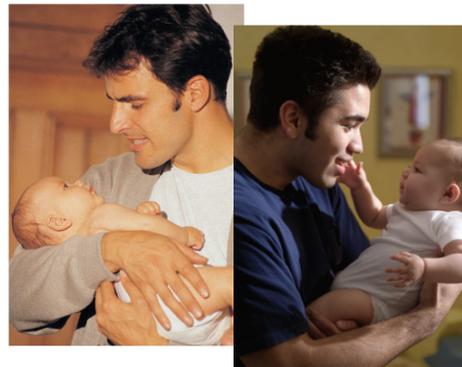


When the baby is ready to breastfeed:

- ✓ Help Mom watch for signs that the baby is hungry. (Smacking lips, sucking on fists, turning head from side to side)
- ✓ A newborn baby needs to eat 7–10 times during the day and 1–2 times at night. As baby gets older, baby will not want to eat as often. Help Mom count how many times your baby eats.
- ✓ Get pillows to support Mom and baby. Put baby in Mom's arms. Put the pillows behind her back and on her lap so baby can lie up near Mom's breasts.
- ✓ Get Mom a glass of water, juice or milk. Taking care of Mom helps her relax so her milk lets down for the baby.
- ✓ Help keep baby clean and sweet smelling. No one likes changing diapers, but it has to be done. Breastmilk poop does not smell as bad or stain as much as formula poop.
- ✓ Baby should poop 3–4 times a day. Baby should pee 5–6 times a day. Help Mom count poops and pees so you know baby is taking in enough milk.

How else you can help:

- ✓ Bring baby to Mom for nighttime feedings.
- ✓ Bring Mom healthy snacks to keep her healthy.
- ✓ Make sure Mom has time to rest. While Mom rests, take time to get to know your baby better. Rock, walk and talk to your baby. Hold baby close so he can hear your heartbeat.



- ✓ Fix a meal or get "Take Out" for dinner.
- ✓ Help Mom feel safe breastfeeding in front of others. Shield her from curious stares. Let others know you support her choice to breastfeed.

- ✓ If Mom has to be gone, Dad can give a bottle of pumped breast milk. (Do not give a bottle or pacifier for the first 3 weeks so Mom can build up her milk supply.)
- ✓ Baby can start other foods around 6 months old. You can help with these feedings.



- ✓ Breastfeeding for a year or more can help reduce the risk of lots of diseases for both your baby and Mom. Encourage Mom to keep breastfeeding for at least one year.
- ✓ Sometimes friends or family discourage Mom from breastfeeding. Explain to them why breastfeeding is so important and that you want Mom to keep your baby healthy by breastfeeding.

Breastfeeding:

How **DADS** Can Help