



ALL BABIES NEED breast milk or baby formula with iron. Breast milk is best for your baby!

- Your baby will have a special cry or fussiness to show when he or she is hungry.
- Feed your baby when your baby is hungry. Do not try to feed your baby on a schedule.



BREASTFEEDING IS THE BEST nutrition for all babies.

BREAST MILK HAS VITAMINS and minerals that help your baby stay well.



YOUR NEWBORN MIGHT WAKE UP hungry several times at night. Over a few months, most babies will start to sleep through the night.



YOU CAN breastfeed your baby.

- Breastfeed your baby for the first year or longer, if possible.
- Breastfeeding is good for you too. It helps you get back in shape. It helps lower the risk of breast cancer.
- Breastfeeding is natural. It may take some practice.
- If you have trouble, ask your doctor or clinic for help.
- Let your doctor know if you are taking any medicine or drugs or if you are infected with HIV.



BREASTFEEDING TIPS

**BREASTFEEDING IS THE BEST
A HEAD START TO HELP
YOUR BABY**

Tips for feeding your new baby

REMEMBER TO DRINK lots of fluids.



BREASTFED BABIES are less likely to get allergies.

Want to find out about eating healthy foods during your pregnancy and about breastfeeding?

Call Women, Infants and Children (WIC):
(888) 942-9675

Want to find out more about breastfeeding?

Women, Infants, & Children (WIC): 426-3911 or 722-7121 x116 (Regalo de Amor); La Leche League: 425-3088; Nursing Mothers Counsel: 621-8412; Dominican Lactation Center: 462-7862; Sutter Lactation Center: 477-2229; Watsonville Lactation Services: 768-6204