

• Childhood vaccines are available from Oakland County Health Division Clinics.

• Buckle tots in safe car seats in the back seat.

• Use seatbelts for children and adults.



OAKLAND COUNTY HEALTH DIVISION

Pontiac

1200 North Telegraph Road
Pontiac, MI 48341-0432
248-858-1280
Toll Free 888-350-0900

Southfield

27725 Greenfield Road
Southfield, MI 48076-3625
248-424-7172
Toll Free 800-758-9925

Walled Lake

1010 E. West Maple Road
Walled Lake, MI 48390-3571
248-926-3300

Oakland Pointe

250 Elizabeth Lake Road
Pontiac, MI 48341-1050
248-858-1272

Nurse on Call all office areas 800-848-5533



Department of Health & Human Services

oakgov.com/health

oakgov.com/health

The Oakland County Health Division will not deny participation in its programs based on race, sex, religion, national origin, age or disability.

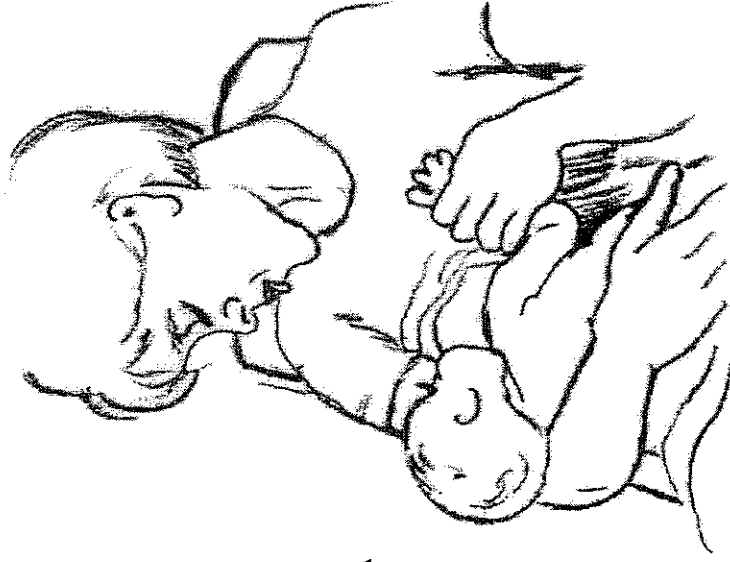
State and Federal eligibility requirements apply for certain programs.

Graphics PC Nursing 08.27.2006 Revised 2/08
N696

breastmilk
is THE world's best baby food



There Are Many Good Reasons to Breastfeed



- **Breastmilk is the perfect food for your baby.**
It provides all the nutrients needed in the right amounts.
- **Breastmilk gives your baby protection from germs and sickness.**
Formulas do not provide this protection. Breastfed babies have fewer ear infections, allergies, illnesses, hospital stays, diarrhea and weight problems.
- **Breastfeeding is convenient and easy.**
Breastmilk is always ready and is always the right temperature.
- **Breastfeeding saves money.**
- **Nighttime feedings are easier.**
- **Breastfeeding can help you lose weight and help your uterus return to its normal size.**
- **Breastfeeding is enjoyable.**
Nursing helps you relax and feel close to your baby.
- **Breastfeeding helps to reduce a mother's risk of developing breast cancer and ovarian cancer.**

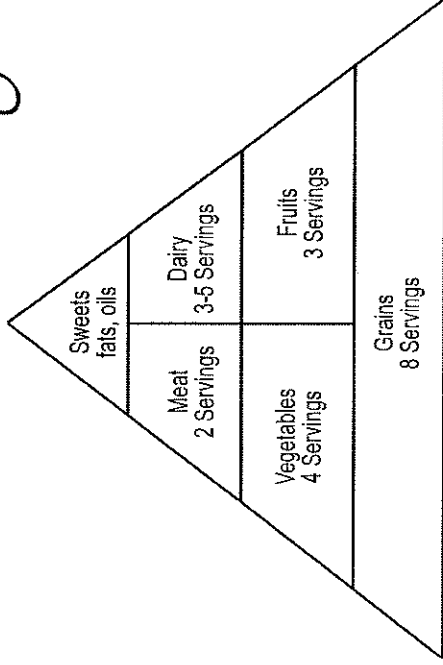
Call for Help if:

- Your baby is not latching on well.
- Your baby is very sleepy and is nursing less than 8 times in 24 hours.
- Your baby does not seem to be swallowing well during feedings.
- By day 5, your baby is not having at least 6 wet diapers and 3 bowel movements in 24 hours.
- Your baby is fussy after feedings.
(Babies may be fussy for many reasons besides hunger.)
- Feedings that last longer than one hour.
- Your baby is not gaining weight.
- You do not notice that your breasts are softer after a feeding.
- You have nipple pain during the entire feeding, or cracked, bleeding, or blistered nipples.
- You have a red, tender or swollen area in your breast.
- You have a fever or flu-like symptoms.
- You have very swollen, sore breasts and difficulty feeding.
- You need information about how to continue breastfeeding if you go back to work or school.

Public Health Nurses can answer your questions
and provide home visits.

For further information call toll free
1-800-848-5533 Monday through Friday, 8:30 - 5:00.

How Should I Eat While I'm Breastfeeding?



- Many moms find that eating 5-6 small, healthy meals help them feel better. Include milk and other milk products, protein foods (meat, fish, beans, eggs, peanut butter), fruits and vegetables, breads, cereals and pasta.
- Drink enough to satisfy your thirst - about 6-8 glasses of water, 100% juice or non caffeine fluids daily. Limit pop to one can per day. Drinking a lot of fluids does not increase your breast milk supply.
- If you do not like to drink milk, eat other calcium-rich foods (yogurt, cheese, cottage cheese). Ask your health care professional if you need a calcium supplement.
- There is a lot of talk about foods that should not be eaten while nursing, but there are no foods that you cannot eat. Any food in moderation will be all right. Women all over the world eat a wide variety of food and their babies breastfeed without problems. You can always make some changes in your diet if your baby is one of the few who gets gas or colic from certain foods you eat. Keep in mind that formula fed babies also have gas and colic.
- Many mothers are eager to lose the weight they gained during pregnancy. A weight loss of approximately one pound per week after your six week postpartum checkup is a good goal. More rapid weight loss may make it difficult to maintain your milk supply.

Getting Started Breastfeeding

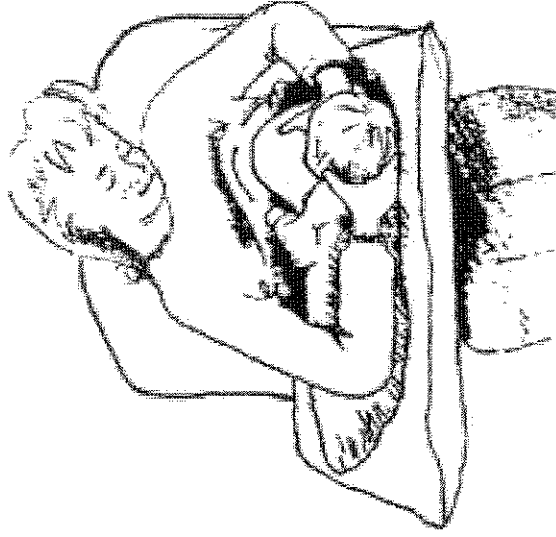
- Breastfeed your baby as soon as you can after birth - within the first hour if possible. This helps establish your breastmilk supply.
- Breastfeed every 2 to 3 hours, starting right away. The more the baby sucks at the breast the more milk you will make.
- Keep your baby in the room near you. Your baby should give cues that he* is ready to eat and this way you will be able to watch and listen for these cues.
- Common feeding cues are:
 - sucking movements
 - putting his hands by his face
 - sucking his hand
 - rapid eye movements (blinking)
- Babies latch onto the breast more easily when feeding cues are first noticed rather than waiting until they become very hungry and start to cry.
- Let your baby nurse whenever he wants.
- Encourage your baby to nurse 8 to 12 times in a 24 hour period.
- Some babies may be very sleepy and will need to be awakened to nurse in order to gain enough weight.
- Breastfeeding your baby at night is important. It helps to establish your milk supply.
- Babies do not usually need water or formula unless there is a specific medical reason. Avoid giving your breastfed baby a bottle or a pacifier for the first four weeks while your baby is learning to breastfeed and you are establishing a milk supply.

* "he/him" also refers to "she/her"

Positioning and Latching Your Baby onto Your Breast

- Your comfort and relaxation are an important part of a good nursing experience. It is important to have good support for your arms and back. Using pillows may help you feel more comfortable.
- Your baby should directly face your breast without having to turn his head. You will be tummy to tummy with your baby. His ear, shoulder and hip are in a straight line.
- Bring your baby to your breast; use pillows to position the baby **at breast level**. Do not lean over your baby.

Cross Cradle Hold



Illustrations from City of Toronto Public Health.

How Do You Know if Your Baby is Getting Enough Milk?

- Your baby should breastfeed **at least** 8 times in 24 hours.
- Watch your baby. You should see him sucking and swallowing.
- Your baby should have 6 or more wet diapers by day 5, and at least 3 bowel movements in 24 hours by day 3.
- Your baby should be content after a feeding.
- Your breasts may feel full before breastfeeding and softer afterwards.
- Your baby will show a steady weight gain. He will generally regain his birth weight by 2 weeks of age.
- Babies breastfeed more frequently during growth spurts, sometimes as often as every hour for a day or two. Frequent feeding will increase your milk supply. Growth spurts are common at 10 days, 3 weeks, 6 weeks, 3 months and 6 months of age.

Easy Steps You Can Take To Increase Your Milk Supply

- Encourage your baby to nurse as often as he wants and as long as he wants (at least 10 to 12 times in 24 hours). Avoid using a pacifier.
- Give your baby only your breastmilk, unless instructed otherwise by your health care professional. If you have been giving your baby formula, cut back on the formula **slowly**.
- Offer both breasts at each feeding.
- Make sure your baby is positioned well at the breast.
- Be sure to use your nursing times to relax and rest. This will help the milk flow.
- If you are interested in using a breast pump to help increase your milk supply, contact a lactation consultant or Public Health Nurse.

Dealing with Common Problems:

- By paying careful attention to your baby's position at your breast, you can prevent many problems in breastfeeding.
- Some mild nipple soreness is common during the first week of breastfeeding. This should go away after the first few sucks of a feeding.

If you get sore nipples:

- Make sure your baby opens his mouth wide and takes the areola deeply into his mouth.
- Start with the least sore side first.
- Vary your nursing positions.
- Avoid using soaps and creams on your nipples.
- Squeeze out a little breastmilk and rub it into the sore area after feeding your baby. It's better than any cream you can buy.
- Let your nipples air dry.
- Breastfeed more frequently. This will allow your baby to nurse before he gets extremely hungry and sucks very hard.

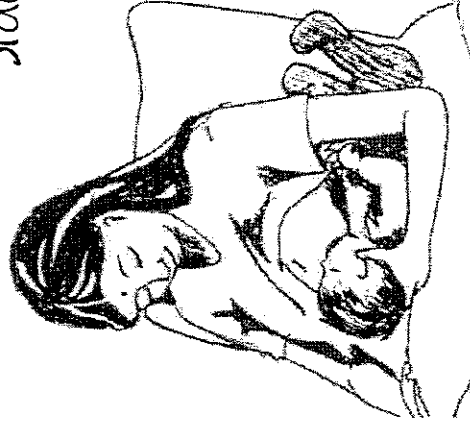
If your breasts get very full, sore and swollen:

- Breastfeed more frequently - every 1 1/2 to 2 hours - for a day or two.
- A warm shower or a warm washcloth on your breasts before breastfeeding can help your milk flow more easily.
- Squeeze out a little milk to ease the fullness and soften the areola.
- Gently massaging your breast as the baby is nursing will help the milk flow.
- If your breasts are very painful, try applying either ice packs or heat, whichever feels best to you.
- Nighttime feedings are important to relieve the fullness. It is okay to wake your baby for feedings.

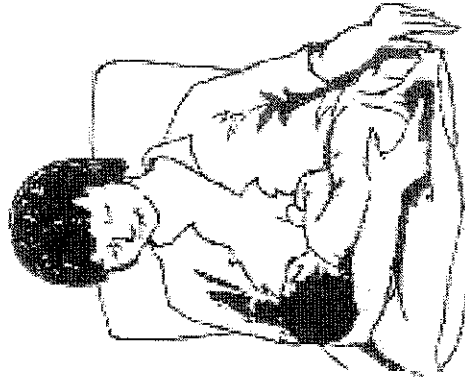
- Other popular positions for breastfeeding include the side-lying position, the football (clutch) hold, and the cradle hold.



Side-lying Position



Football Hold

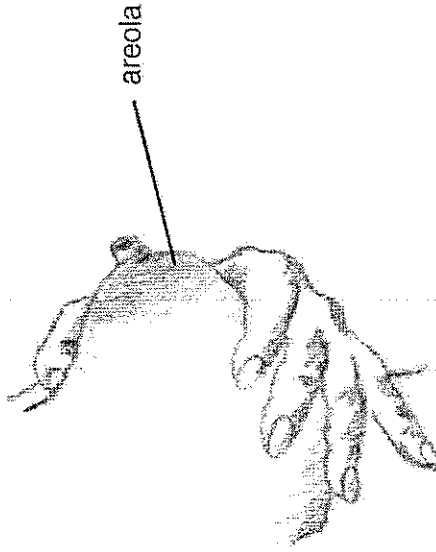


Cradle Hold

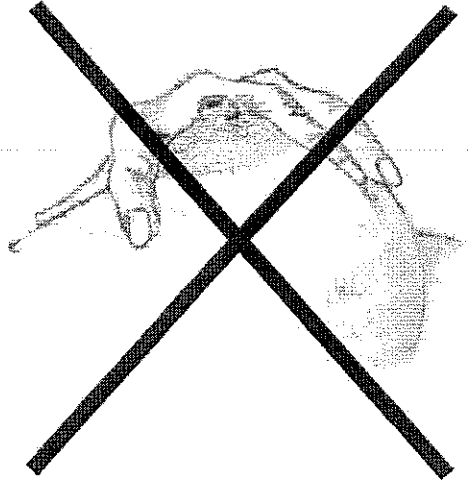
Holding your breast

- Hold your breast with your hand in a "C" position, with your thumb on top and fingers underneath, well back from the areola (the brown portion surrounding the nipple).

"C" Hold Position



This hand position helps you to direct your nipple and areola into your baby's mouth as he latches on.



This "cigarette or scissors" hand position flattens your nipple and makes it more difficult for your baby to latch on.

Latching on



- Tickle your baby's lower lip with your nipple until his mouth opens WIDE, like a yawn. The baby should take a large part of the areola deeply into his mouth.
- The baby's chin and tip of the nose touch the breast the whole time you nurse him.
- A "wiggle" is seen at the baby's temple and ear as he sucks.
- If you need to end a feeding, slip your little finger into the corner of your baby's mouth to break the suction.
- Burp your baby after he finishes the first breast and at the end of a feeding. A breast fed baby does not swallow much air and so may not burp.