



NURSING YOUR BABY

The First Few Months



My goal is to exclusively nurse
my baby for _____ months.

MONTH 1

Nursing can be challenging, but it gets easier as you and your baby learn.

Your baby will need to nurse frequently to stay healthy and gain weight. The more your baby nurses, the more milk your body will make. As demand increases, your milk supply will adjust to meet your baby's growing appetite.

Signs Nursing Is Going Well

- My baby is nursing 8-12 times every 24 hours.
- My baby is having 2-12 poop diapers and 6-8 wet diapers in 24 hours.
- I can hear (and see) my baby swallowing during feedings.
- Once a feeding has started, my nipples do not hurt while my baby nurses.
- My baby seems calm and satisfied after feedings.
- My baby is only receiving human milk and no water, sugar water, or formula which can decrease my milk supply.

Babies typically have growth spurts, where they feed more frequently, at 2-3 weeks and 6 weeks. This is normal. Keep nursing your baby!

I will check in with my pediatrician or lactation consultant if:

- My baby is fussy when we nurse and does not seem satisfied after most feedings.
- My baby is not breastfeeding at least 8 times every 24 hours.
- My nipples hurt while nursing, even after my baby has latched on.
- I cannot hear my baby swallowing when they are nursing.
- I do not think I am making enough milk.
- I think my baby is not gaining weight.
- Baby has not regained their birth weight by day 10-14.



MONTHS 2 AND 3

Nursing may be getting easier. You and your baby are learning together! Human milk is still all your baby needs to grow healthy and strong.



Your baby will have more wet diapers and fewer poop diapers. They may have only one poop diaper a day or even once a week. Some babies will have poop diapers more often. Talk to your health care provider if you have concerns.



If you need a breast pump, call your WIC clinic or your health insurance provider for assistance.



You can start to learn how to express, collect, and store your milk for use when you are away from your baby. Talk to WIC if you have questions.



Your baby may sleep more at night. Most babies will not be sleeping through the night at 2 to 3 months old.



If you are concerned about your baby's weight gain, call WIC or your health care provider and ask about bringing your baby in for a weight check.



QUESTIONS?

If you have breast/chest
feeding questions call:

For answers to common questions, you may also visit WIC Breastfeeding Support at:
<https://wicbreastfeeding.fns.usda.gov/>



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