# Breastfed Babies Don't Need Formula!

You can produce all the milk your baby needs

### Avoid Bottles



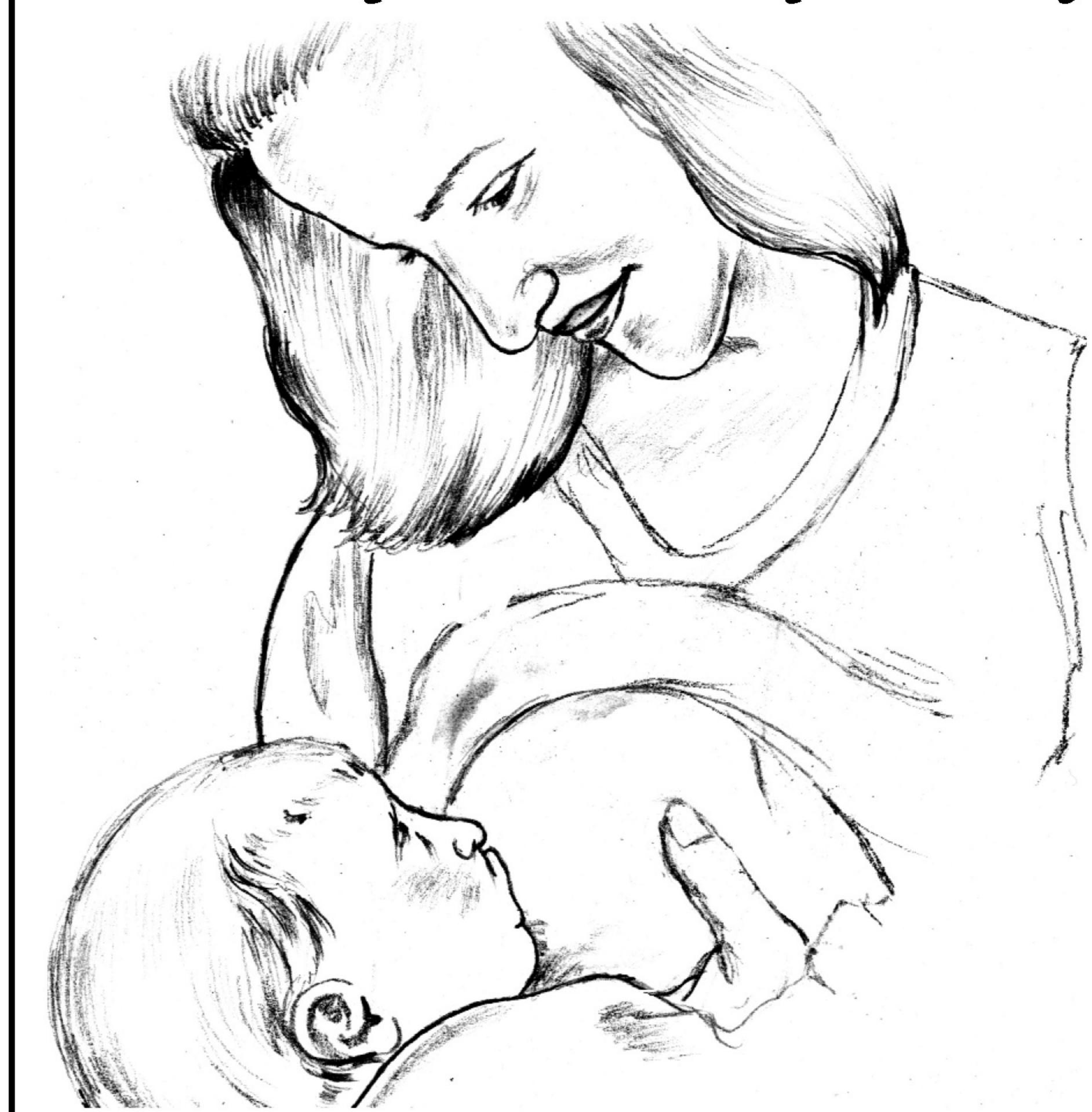
The first 2 to 3 days you will have thick yellowish milk called colostrum. It is all your baby needs at the beginning.

## Breastfeed Correctly

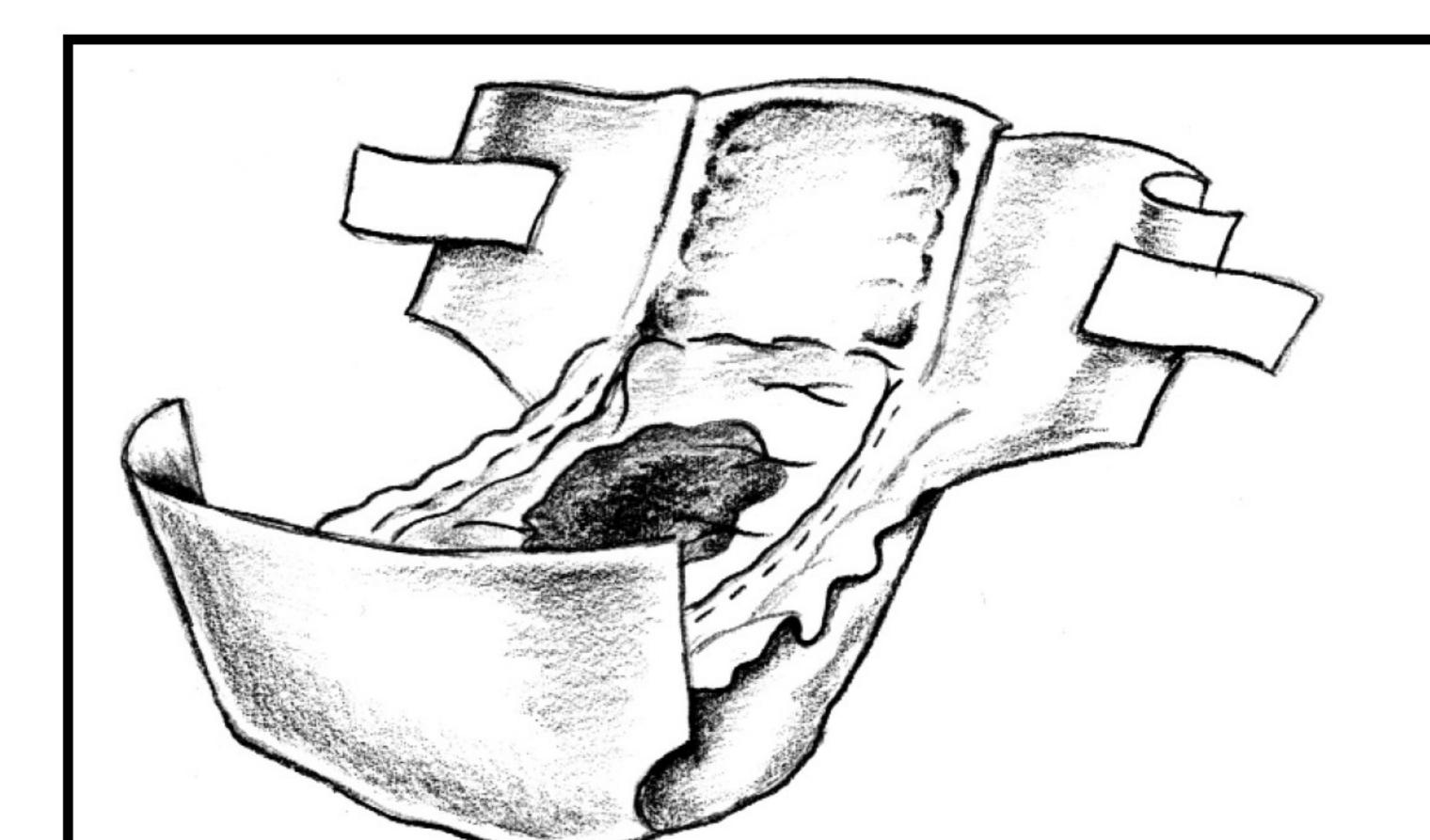


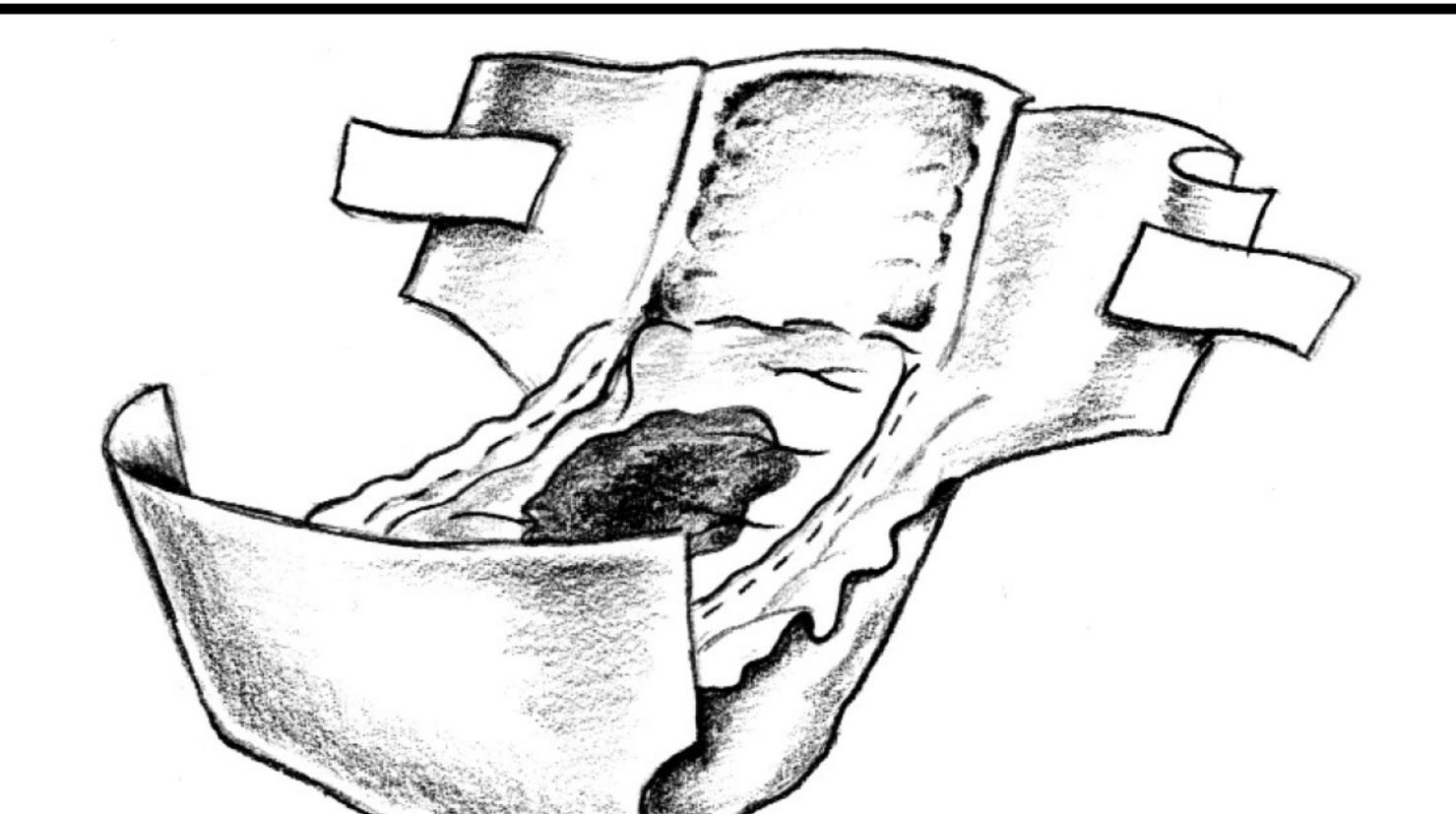
Hold your baby close to you, facing your breast. Your baby's mouth should cover much of the dark area around your nipple – slightly more of the area below the nipple than above.

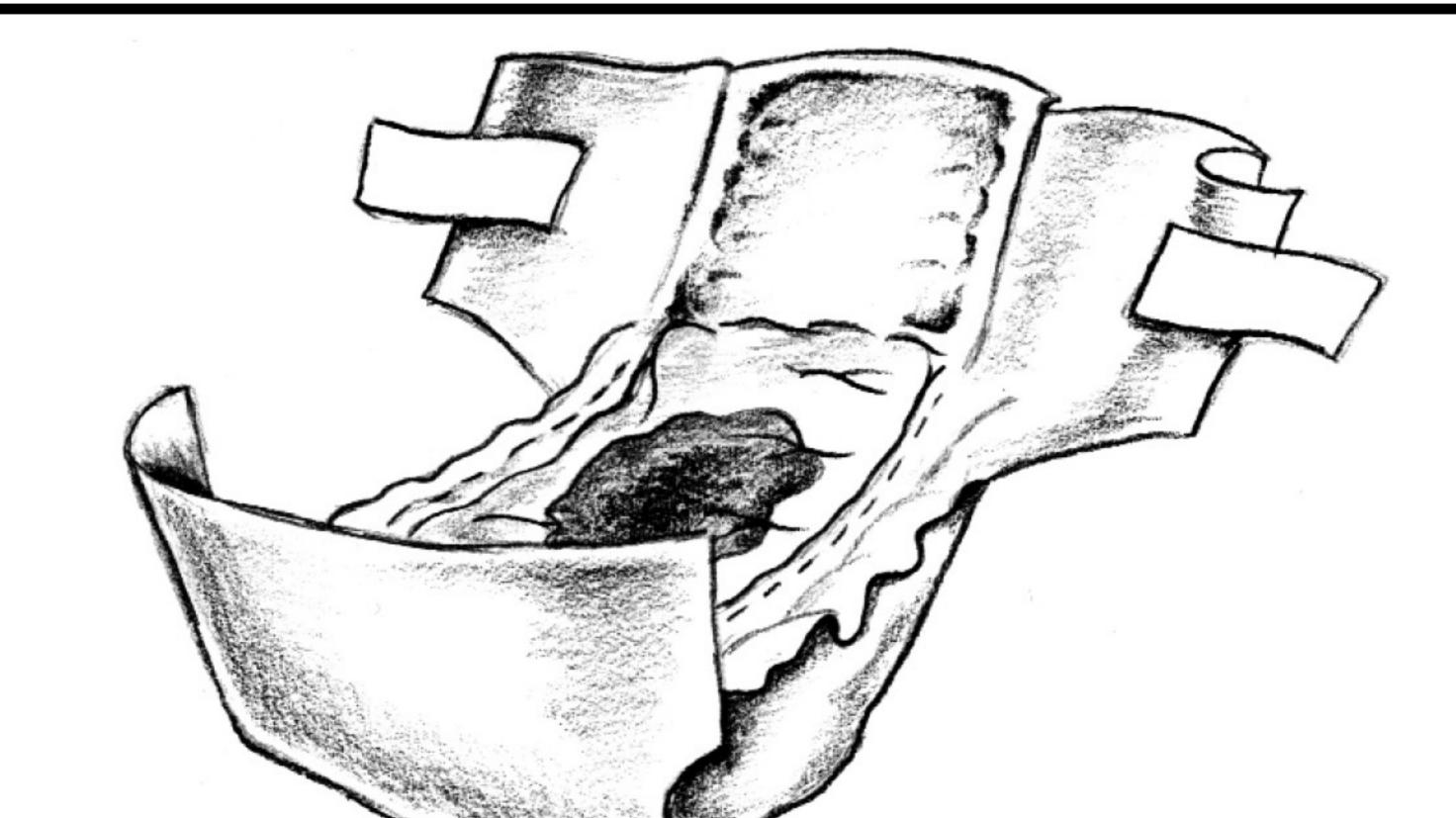
## Breastfeed Frequently

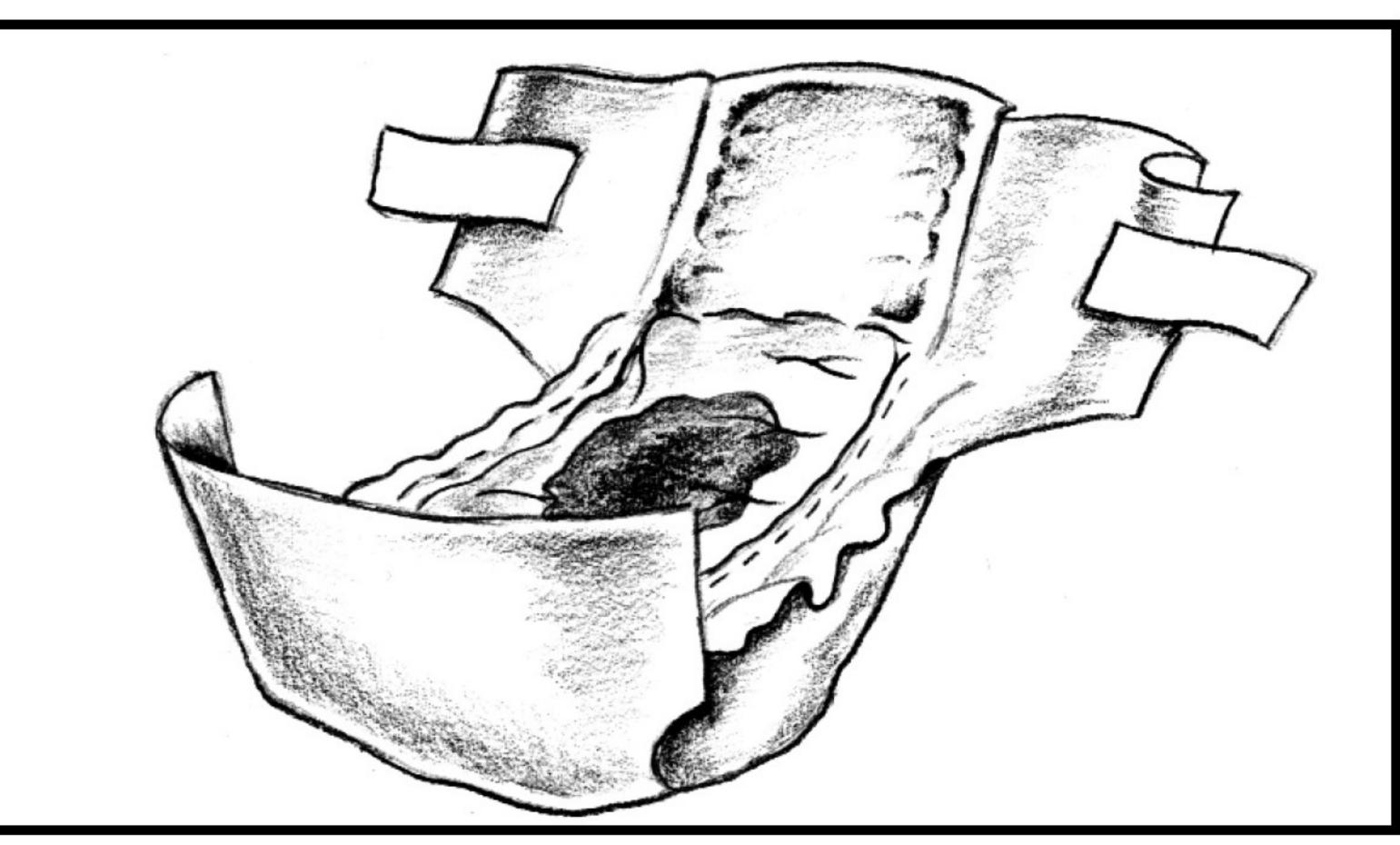


Breastfeed your baby at least 8 to 12 times in 24 hours, including night-time feedings. Babies sometimes nurse more often at night. To feel rested, sleep when your baby sleeps.









# What to Expect

#### First days after birth:

· 1-3 wet diapers per day.

#### \* After day four:

- · At least 4 poops per day, plus additional wet diapers.
- · Poops will be soft and a mustard-like yellow.

#### After the first month:

· At least one poop per day.

#### After 6 weeks:

- · Some babies poop only every few days.
- · Don't worry! Your baby is not constipated.

# Important Tips:

- ✔ If your newborn has been sleeping more than 2 hours during the day or 3 hours at night, wake him up and breastfeed.
- Your baby will have periods when he wants to breastfeed more often than usual. These are times of rapid growth and usually last a couple of days. To produce all the milk your growing baby needs, breastfeed more often during these periods.