

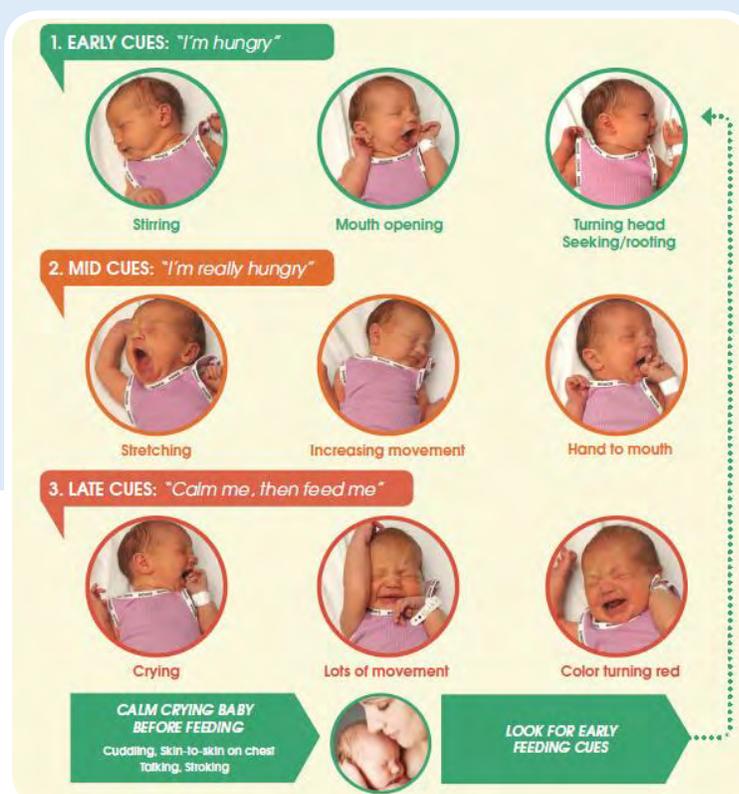
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## HOW DO I KNOW WHEN MY BABY IS HUNGRY?

The way you know when your baby is hungry is by looking for the feeding cues that he/she is showing (see chart to the right)<sup>3</sup>. Your baby needs to breastfeed often during the first week, about 10-12 times every 24 hours<sup>1</sup>. Make sure to feed your baby on demand, every time he/she is hungry. Feedings are typically 15 to 20 minutes or longer per breast, but let your baby set their own schedule.

Look for early feeding cues instead of late feeding cues. Remember that your baby has a tiny stomach and can only drink small amounts of milk at a time. Breastfeed your baby when he/she is hungry for more breast milk. Try to keep your baby awake while breastfeeding. Babies are very sleepy eaters in the first few days. But, it is important to keep your baby awake while breastfeeding. If not, they won't get enough milk to help them grow. Get help. If things are not going well in the first few days such as:

- Baby has lost weight
- Baby is not latching well
- Baby is very sleepy and is not breastfeeding well
- Baby is very fussy while feeding
- Your nipples are very sore, cracked or bleeding



Choose Health LA Los Angeles County Department of Public Health

### TIPS OF THE WEEK

- Breastfeeding on demand will help maintain your milk supply.
- Feeding cues can help you know when your baby is hungry.
- It is normal to breastfeed your baby 10-12 times a day during the first week.

Get help from a WIC (Women, Infant and Children) peer counselor or lactation consultant as soon as possible.



The health care law, (Affordable Care Act) requires most health insurance plans to provide breastfeeding equipment and counseling for pregnant and nursing women. Contact your insurance plan for questions about your breastfeeding benefits.

**IF YOU NEED BREASTFEEDING HELP, CALL THE HELP LINE: 888-278-6455**

## RESOURCES:

Check out the Choose Health LA Moms lessons on *Breastfeeding with Large Breasts (Week 20)* and *Breastfeeding with a C-section (Other Issues)*.

### HAND EXPRESSION OF BREAST MILK

[newborns.stanford.edu/Breastfeeding/HandExpression.html](http://newborns.stanford.edu/Breastfeeding/HandExpression.html)

### WEBMD - HAND EXPRESSION

[webmd.com/women/pumping-or-hand-manually-expressing-breast-milk](http://webmd.com/women/pumping-or-hand-manually-expressing-breast-milk)

### WIC GUIDE TO BREASTFEEDING

[cdph.ca.gov/programs/wicworks/Documents/NE/WIC-NE-EdMaterials-AGuideToBreastfeeding.pdf](http://cdph.ca.gov/programs/wicworks/Documents/NE/WIC-NE-EdMaterials-AGuideToBreastfeeding.pdf)



### WOMEN'S HEALTH - LEARNING TO BREASTFEED

[womenshealth.gov/breastfeeding/learning-to-breastfeed/index.html](http://womenshealth.gov/breastfeeding/learning-to-breastfeed/index.html)

### VIDEO: BREASTFEEDING TECHNIQUE

[youtube.com/watch?v=VHs2Ql5Kylo&list=PL989B737E10FDA14C](http://youtube.com/watch?v=VHs2Ql5Kylo&list=PL989B737E10FDA14C)

## BLOGS:

### MOM/LACTATION CONSULTANT:

[kellymom.com/parenting/parenting-faq/sling/](http://kellymom.com/parenting/parenting-faq/sling/)

### LIST OF BREASTFEEDING BLOGS FOR NEW MOMS:

[nursingschools.net/blog/2010/08/40-great-blogs-for-breastfeeding-moms/](http://nursingschools.net/blog/2010/08/40-great-blogs-for-breastfeeding-moms/)

### BREASTFEEDING BLOGS WITH SEARCHABLE TOPICS:

[thenewbornbaby.com/breastfeeding-blog/index.html](http://thenewbornbaby.com/breastfeeding-blog/index.html)

[analyticalarmadillo.co.uk](http://analyticalarmadillo.co.uk)

[breastmilkstips.blogspot.com](http://breastmilkstips.blogspot.com)

### APPS:

#### BABY FEEDING LOG (FREE):

[itunes.apple.com/us/app/baby-feeding-log/id412360317?mt=8](https://itunes.apple.com/us/app/baby-feeding-log/id412360317?mt=8)

#### IBABYLOG (FREE):

[itunes.apple.com/us/app/ibabylog-baby-tracker/id466576348?mt=8](https://itunes.apple.com/us/app/ibabylog-baby-tracker/id466576348?mt=8)

Tracks baby feeding, diaper changes, sleeping, and other activities.

#### IBREASTFEED (FREE):

[itunes.apple.com/us/app/ibreastfeed-2/id600666806?mt=8](https://itunes.apple.com/us/app/ibreastfeed-2/id600666806?mt=8)

Get information on the benefits of breastfeeding, pumping, milk storage, and more.

### REFERENCES

1. The American Academy of Pediatrics. (2012). Policy Statement: Breastfeeding and the Use of Human Milk. *Journal of Pediatrics*. 129:3.
2. Office of Women's Health. (2013). It's Only Natural How To Fact Sheet. Department of Health and Human Services. Retrieved from [http://www.womenshealth.gov/itsonlynatural/pdfs/hhs\\_bfa\\_itsonlynatural\\_howtofactsheet\\_v8\\_508\\_final%20copy.pdf](http://www.womenshealth.gov/itsonlynatural/pdfs/hhs_bfa_itsonlynatural_howtofactsheet_v8_508_final%20copy.pdf)
3. Choose Health LA. (2013). Feeding Cues. Los Angeles County Department of Public Health <http://www.choosehealthla.com/wp-content/uploads/2011/12/CHLA-Kids-feeding-cues.pdf>