



FIVE-DAY POSTPARTUM MAILING

West Virginia WIC Program

Did you know that mothers who have breastfed are available to answer your questions?



To discuss your breastfeeding experiences or concerns with a breastfeeding counselor, **call your local WIC agency**. We're here to help you enjoy a healthy feeding experience!



Date: _____

Congratulations on the birth of your new baby! I hope that you have decided to breastfeed.

Remember, just as your body produced a beautiful baby, your body will also produce perfect milk for your baby.

Here are some breastfeeding tips for the early weeks:

- Nurse baby often during the first month—at least 8-12 times per 24 hours.
- Let your baby set the feeding schedule, not the clock.
- Feeding only breastmilk will help build your milk supply.
- To avoid sore nipples, make sure your baby's mouth covers almost all of the brown area (areola) around the nipple when nursing. Change your baby's holding position at different feedings.

Before you reach for the bottle, reach for the phone. Call WIC.

Your Breastfeeding Counselor

WIC-51
1/03

