

Right from the Start: Feed Your Baby Only the Best

The American Academy of Pediatrics, World Health Organization, and US Centers for Disease Control all say that how you start off feeding your baby is very important.

For healthy, full-term babies, exclusive breastfeeding is best

Baby's *first* feeding should be at mom's breast

All feedings in the hospital should be at mom's breast

No formula, unless there's a specific, documented medical need

No pacifiers: a newborn's sucking energy should be spent at mom's breast

How you feed your healthy, full-term baby is your decision

You can tell the doctors and nurses:

- you want to breastfeed your baby every time he seems hungry
- you don't want your baby to get formula unless they tell you the medical reason
- you want help with breastfeeding, not formula for your baby

Most doctors & nurses strongly support exclusive breastfeeding, without formula

But some providers don't know the newest recommendations on breastfeeding

They may suggest formula "so mom can get some rest", or "just in case"

It's okay to **refuse** these suggestions unless there's a medical reason for formula

The Monmouth Ocean Breastfeeding Consortium *Breastfeeding Guide* can help you solve common breastfeeding problems like engorgement and soreness. Check your hospital discharge pack, or find it online at njbreastfeeding.org.

It's a fact!

Exclusive breastfeeding helps babies stay healthy

Formula increases the risk of ear infections, diarrhea, colds, pneumonia and obesity

Combining breastfeeding with formula is **not** as good as exclusive breastfeeding

Tear off the note below, and put it with the crib card in your baby's bassinet, as a reminder to the staff

Please...

No formula

No bottles

No pacifiers



Mom and I are learning to breastfeed.

Bring me to mom when I'm hungry:

Right from the start, I want only the best!

Thanks

Name: _____

__boy __girl

Date of Birth: _____

Time of Birth: _____

Weight: _____pounds, _____ounces

Length: _____inches