



Self-Study Module:

Belly Balls: How much can my new baby eat?

Participant's Name _____ Date _____

Activity 1: Love Me!

Breastfeeding and putting your baby skin-to-skin with you is the perfect continuation of pregnancy for your baby. Baby's first milk (colostrum) delivers the nutrition and antibodies your baby needs, and the closeness your baby needs. Skin-to-skin contact will allow your baby to hear familiar sounds (heartbeat, etc.), feel safe, warm, and be loved.

What will you do to give your baby the best start after birth?

Mark the things you do or plan to do.

- Give baby first milk (colostrum)
- Cuddle and love baby when feeding
- Know how baby shows he is hungry
- Feed baby before he is upset or crying
- Let baby feed as long as he wants
- Hug and kiss baby
- Talk and sing to baby
- Play with baby
- Smile and make faces with baby

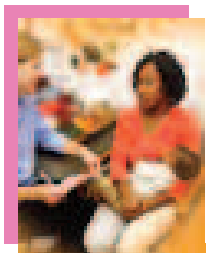


Activity 2: Your Breastmilk is Priceless

Review the handout "Your Breastmilk is Priceless".

Mark the ideas you will do to meet your breastfeeding goals.

- Let everyone know you plan to breastfeed your baby-family, friends, your doctor, hospital staff.
- Ask your nutritionist for a copy of the "Breastfeeding Bill of Rights"
- Put your baby to breast within the first hour after delivery.
- Hold your baby skin-to-skin
- Call WIC with all your questions.



Activity 3: How Much Can My New Baby Eat?

Look at the poster "How much can my new baby eat".

What surprised you? _____

What questions do you have? _____

- I would like to speak to a CHP or breastfeeding support staff.

The WIC food package for breastfeeding moms has more food and more variety.