

As a new mother, you may have heard many things about how to feed your baby. You may know breastfeeding is the best way to give your baby a healthy start in life, and wonder how to fit it into your life. Mothers everywhere have found that breastfeeding **CAN** work. Your WIC peer counselor can help!

WHO IS A WIC PEER COUNSELOR?

- A peer counselor is a mom just like you who lives in your community and has personal breastfeeding experience.
- A peer counselor is carefully selected and trained by WIC and gives basic breastfeeding information and support to new mothers.

WHAT DOES A PEER COUNSELOR DO?

- A peer counselor provides breastfeeding information and support on topics such as reasons to breastfeed, getting a good start, maintaining milk supply, preventing common problems, how to know breastfeeding is going well and when and how to get help.

Ask your WIC educator for more information!

Peer Counselor: _____

5 Tips for Breastfeeding Success!

- 1. Breastfeed within the first hour.** Ask to comfort your baby skin-to-skin soon after birth.
- 2. Room in with your baby.** Keep your baby in your room all day and night so you can get to know and watch over your baby. This early time of practicing breastfeeding together is important.
- 3. Breastfeed often, every 1 1/2 to 3 hours.** Your milk provides everything your baby needs. No water or other liquids are needed.
- 4. Avoid using a pacifier in the first month.** Babies who use a pacifier may not nurse as often. Offer your breast at the earliest sign of hunger to give your baby as much milk as possible.
- 5. Ask for a telephone number to call for help or support.** All breastfeeding questions are important, especially after you go home! Have hospital staff write numbers to call here:

Breastfeeding Help: _____

Doctor: _____

For more information visit: <http://www.tchd.org/598/Baby-Behavior>

What is your baby saying? Can you read the signs?



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Baby Hunger Signs/Cues



If your baby is showing late signs, use repetition to soothe

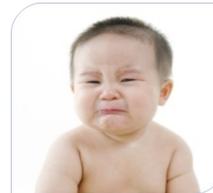
Use soothing sounds and motions over and over again.

- Cuddle and hold baby close
- Sing a song softly or make "shhh" sounds
- Rock gently back and forth
- Say baby's name in a calm voice

What if my baby is fussy after feeding?

Babies use crying as a way to communicate many different things. Try to figure out the reason for the crying.

- I need my diaper changed
- I need to be close to you
- I am too hot or too cold
- I need some quiet time
- I need to be burped
- I am trying to pass gas
- I am afraid
- I am tired
- I am hungry



There may be times when you've checked everything and your baby still cries. When this happens use repetition to soothe.

Be patient. Calming your baby takes time.

Sticking with the same action for several minutes before trying something different can be the secret to success!

Signs Baby is Full



- Arms and legs extended
- Fingers extended and relaxed
- Falling asleep
- Slow or decreased sucking
- Turn away from the nipple or bottle
- Pushing away
- Quiet and alert

