



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.***

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Your Breastfeeding Counselor

WIC-51  
1/03

