



West Virginia WIC Program

SEVEN TO TEN DAY POSTPARTUM MAILING

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: _____

*You and your baby are learning breastfeeding together. It often takes a few weeks for both of you to feel confident and relaxed about breastfeeding. **You are doing a great job!***

As your baby grows, your milk supply will increase to meet your baby's needs. Breastfeeding 8-12 times a day during the first month will build your milk supply.

6 wet diapers and 4+ yellow bowel movements a day help show you that baby is getting enough breastmilk.

You may soon notice that your baby seems extra hungry & fussy. Your baby may want to nurse more often. **This may be a growth spurt.**

Growth spurts usually last about 2 days and occur around 2 to 3 weeks old, six weeks old, and three months old. **Remember, this is normal.**

Here are some suggestions:

- Nurse your baby as often as he/she seems hungry. This could be every 2 hours. With extra feeds your milk supply will increase to meet baby's needs in about 48 hours.
- Try not to give formula at this time. Your milk supply will only increase with added nursing.
- Check for adequate wet diapers and yellow bowel movements.
- Check to see if baby is gaining weight by his/her 2 week doctor visit. Milk dripping out of baby's mouth during a feed is a good sign.

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

Your Breastfeeding Counselor

