

## Breastfeeding Tips

1. Nurse as soon as possible after birth.
2. Establish the proper latch on. This will eliminate much of the pain and soreness often associated with breastfeeding, and it will allow the baby to get milk more easily.
3. Avoid artificial nipples.
4. Do not restrict the length or frequency of breastfeeding.
5. Sleep when your baby sleeps.
6. Wear your baby. Carry your baby in a sling for easy nursing.
7. Have a glass of water every time you sit down to nurse - this will help make sure you're drinking enough fluids.
8. Avoid bras and tight-fitting clothing in the first few weeks after birth to allow sore nipples to heal.
9. Use pillows to support you and your baby while breastfeeding.
10. If you experience pain during breastfeeding, seek help from your doctor or a Lactation Consultant.

Produced by [www.breastfeeding.com](http://www.breastfeeding.com)

### **Tips for Working Moms**

1. Plan in advance. Before returning to work, talk with your employer/human resources department about their corporate policies and your needs to continue breastfeeding.
2. Ask for a private, clean room where you can pump.
3. Discuss how pumping breaks (20 minutes every 3-4 hours) will fit into your schedule.
4. Educate your employer about the benefits of breastfeeding (fewer missed work days, shorter absences, etc.).
5. Buy or rent a breast pump. This will give you the flexibility to maintain your milk supply and also feel connected to your baby even when you're away.

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## What You'll Need

- An insulated bag with cold packs (most pumps come with a cooler pack)
  - Bottles/bags to collect/store your milk
  - Labels to note the date
  - Breast pads to protect your clothes and conceal any leakage
  - Picture of your baby
6. Store your milk safely. You can pump into the same bottles throughout the day as long as the milk is kept chilled.
  7. Seek out other working mothers who can offer you support.
  8. Breastfeed your baby as soon as you get home.

Produced by <http://www.healthywomen.org/content/article/breastfeeding-tips-working-moms>

## A Diet for Better Breastfeeding

If you are breastfeeding, the nutrients you take in are the same ones your baby does as well. Follow these eight tips for a better breastfeeding diet for both of you.

1. Avoid foods that contain caffeine as they can upset a baby's stomach.
2. Switch full-fat dairy for low-fat dairy products -- the extra fat is unnecessary.
3. To stay hydrated, drink plenty of water and avoid sugary sodas.
4. Spicy foods can upset a baby's stomach, so avoid them when possible.
5. Consume low-mercury-containing fish, such as wild-caught salmon and rainbow trout, which are high in brain-boosting omega-3 fatty acids.
6. Foods known to cause gas, such as cabbage, should be avoided, even if they do not cause gas in the mother.
7. Limit alcohol consumption and wait at least two hours to breastfeed after drinking alcohol.
8. Avoid added-sugar or fried foods, which can cause your baby to be fussy and offer little nutritional value.

*Produced by Texas Health Resources*