# BOY

## Some important reasons to breastfeed your baby...

- Less risk your child will be overweight
- Fewer ear infections
- Fewer respiratory infections
- Protection against sudden infant death syndrome (SIDS)
- Less risk of type 2 diabetes for your child and for mom
- Less risk of breast cancer for mom

Name _____

Medical Records # _____

Date of Birth _____

Time _____

Blood Type _____ Head _____

Weight _____ Length _____

Baby's Doctor _____

Mother's Name and Room # _____

Mother's Doctor _____

**The longer your baby is breastfed, the greater the benefit.**

# Get breastfeeding off to a great start:

You have it all! Your body can make all the milk your baby needs.

Breastfeed often. Feeding cues include baby's hands at his mouth, smacking his lips, moving his head side to side, and stretching. Crying is a late sign of hunger.

Baby's mouth should be wide open while feeding. Listen for swallowing (no clicking or smacking noises) as a sign your baby is feeding well.

What goes in must come out. Look for at least 3 bowel movements per 24 hours by day 4.

Hold off on pacifiers for the first 6 weeks.

If you have persistent pain, ask for help from a lactation consultant or other breastfeeding expert.

Department of Health and Human Services
Centers for Disease Control and Prevention
National Center for
Chronic Disease Prevention and Health Promotion
Division of Nutrition and Physical Activity


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