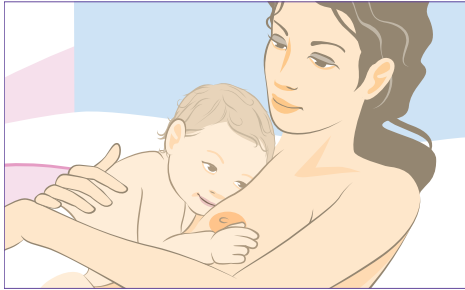
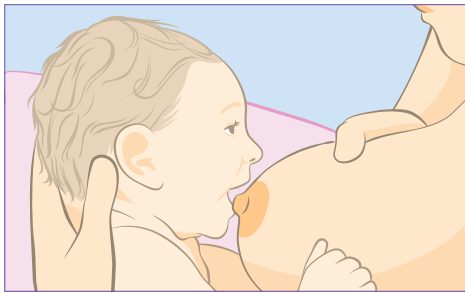


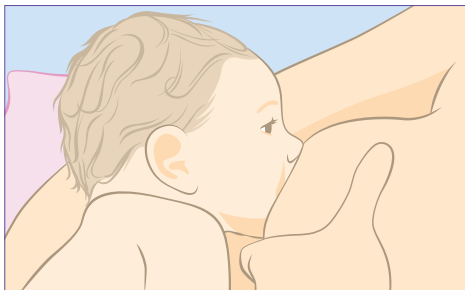
5 steps to help you breastfeed



- 1. Get skin to skin with your baby.** Find a comfortable place to sit with your baby — in a chair, on the couch or on your bed. Sit up or lie back. Lay your baby between your breasts so that your tummies are touching. Skin-to-skin contact helps your baby get comfortable.



- 2. Tickle your baby's lips.** Gently guide your baby so that his nose is close to your nipple. With one hand, support his head. With the other hand, hold your breast and tickle his lip with your nipple.



- 3. Get a good latch.** When your baby opens his mouth, bring him to your breast. He should have a good mouthful of your areola. This is called latching on. When your baby has a good latch, his tongue pulls your breast deep into his mouth. If you feel his tongue at the tip of your nipple, it's not a good latch. His nose and chin should touch your breast.



- 4. Burp your baby.** When your baby stops feeding, burp him. Sit him on your lap. Support his chest and head with one hand and pat or rub his back with your other hand. After he burps, offer him the other breast. It's OK if he doesn't want it.



- 5. Release the latch.** If you need to stop nursing, don't try to pull your baby off your breast. Instead, put your pinkie finger in the side of his mouth to release the latch.

Breastfeeding holds

There are different ways to hold your baby when you breastfeed. Try them all to find out which one you and your baby like best. You may want to use a pillow to help support your baby. The cross-cradle and football holds let you have the best control of your breast and your baby's head. These are the easiest holds for breastfeeding when you're just starting out.



Cross-cradle hold



Cradle hold



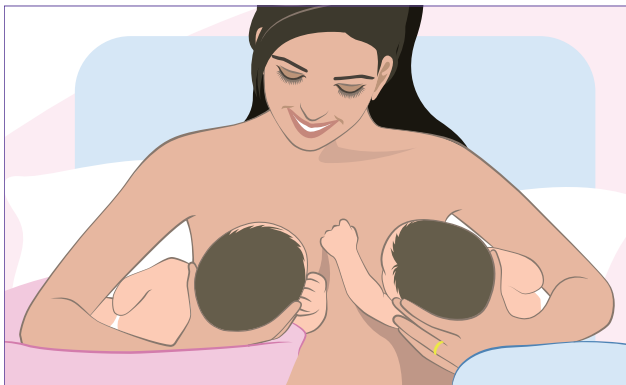
Football or clutch hold



Side-lying hold

Holds for breastfeeding multiples

When your babies are ready to breastfeed, try feeding one at a time first. This helps each baby learn to latch on. Later you can feed two at once.



Double clutch hold

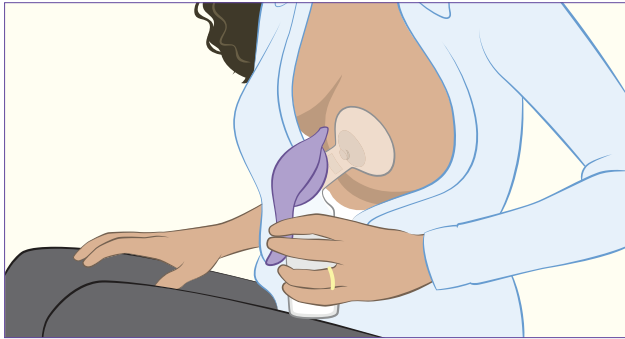


Cradle and clutch hold

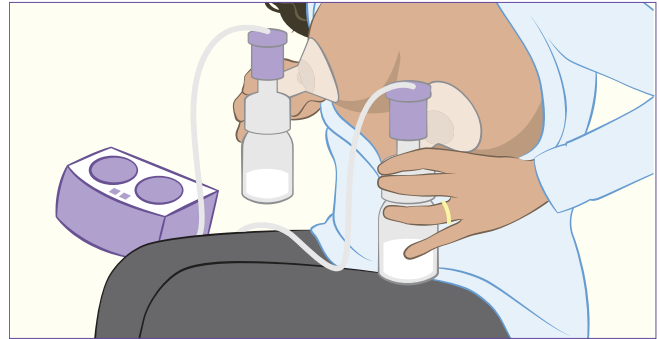
Using a breast pump

A breast pump helps remove milk from your breasts. You can use the milk at a later time to feed your baby. Using a breast pump may feel awkward at first. But with practice, pumping becomes easier and more comfortable. Your nurse or lactation consultant can show you how to use the pump.

Breast pumps are either manual or powered. You work a manual pump by hand. Powered pumps use batteries or electricity. Powered pumps can be single or double.



Manual breast pump



Double electric breast pump

Storing breast milk

If you plan to store breast milk, you need a few supplies to keep it fresh and safe:

- 1. Bottles or bags** — These are made just to store pumped breast milk. The bags are plastic, and the bottles are plastic or glass. You can buy them at most grocery or drug stores.
- 2. Cooler** — You may need a small cooler to keep your pumped milk cold until you get it home.

How long to store fresh breast milk

Place	Temperature	How long
Countertop (not refrigerated)	77 F or colder	Up to 4 hours
Refrigerator	40 F	Up to 4 days
Freezer	0 F or colder	Up to 6 months is best; up to 12 months is OK

For more information about newborn care, including breastfeeding, visit: marchofdimes.org

March of Dimes materials are for information purposes only and are not to be used as medical advice. Always seek medical advice from your health care provider. Our materials reflect current scientific recommendations at time of publication. Check marchofdimes.org for updated information.