

HealthTips

Make Health Happen

How to breastfeed

Breast milk gives your baby a healthy start in life

Breastfeeding may be natural, but it still takes practice and patience!

1 Hold your baby on their **side** with their face in front of your breast. Your baby should be tummy to your tummy, with baby's body in a straight line.

2 Hold your breast with your thumb on top and your fingers below the dark skin around the nipple. **This is called the "C" hold.**

3 Gently touch your baby's lips with your nipple. Your baby will open their mouth to nurse. Pull your baby in close to you.

4 Make sure your nipple and most of the dark skin around it are in the baby's mouth.

5 You may need to lift your breast with your fingers to keep it away from the baby's nose.



Important reminders

- Always wash your hands before you breastfeed.
- Try to burp your baby between nursing each breast.
- Also burp your baby at the end of the nursing.


dell children's
HEALTH PLAN

Helpful phone numbers for Dell Children's Health Plan members only

Member Services: 1-888-596-0268 (TTY 711)

Monday through Friday from 7 a.m. to 6 p.m. Central time

24-hour Nurse HelpLine: 1-888-596-0268 (TTY 711)

HealthTips

BREASTFEED AT LEAST
8 TO 12 TIMES
IN A 24-HOUR PERIOD



How long and how often do I nurse?

- A new baby may nurse every 2 to 3 hours, sometimes more often. If four hours have gone by without feeding, you may need to wake your baby to feed.
- Let your baby nurse from both breasts at each feeding.
- There is no set time for breastfeeding. Your baby will let you know when they're finished.



AVERAGE NURSE TIME

After you change breasts, nurse as long as the baby wants on the second breast.

How do I know my baby is getting enough milk?

- Look to see that your baby is actively suckling at the breast.
- Watch that your baby swallows often while breastfeeding.
- Look to see that your baby does not act hungry after feeding.
- After your baby is 3 days old, they should have at least six wet diapers in a 24-hour period.
- Your baby should pass yellow, seedy, runny stools. This is NOT diarrhea.
- Your baby should show they are gaining weight at their checkups.

Source: Office on Women's Health, U.S. Department of Health and Human Services website: www.womenshealth.gov/breastfeeding. (Accessed on May 15, 2018.)

Talk to your baby's primary care provider if you have any concerns. Or call Dell Children's Health Plan Member Services at 1-888-596-0268 (TTY 711), Monday through Friday from 7 a.m. to 6 p.m. Central time.



Learn more

Office on Women's Health: www.womenshealth.gov/breastfeeding

Women, Infants, and Children (WIC): www.fns.usda.gov/wic/toll-free-numbers-wic-state-agencies

La Leche League International (LLLI): www.llli.org

National Breastfeeding Support Line: 1-800-994-9662