#### **Breastfeeding Resources**

**BabyGooRoo.com** – Breastfeeding and child nutrition for parents and professionals

**BreastfeedingInCombatBoots.com** – Information tailored to support military breastfeeding moms

**BreastfeedingPartners.org** – By selecting "Work & School," then "Making It Work Toolkit," this will bring you to an online resource for breastfeeding mothers returning to work or school. The Toolkit is designed to provide assistance to breastfeeding mothers as well as tools and information for businesses and families.

**CDC.gov/Breastfeeding** – Breastfeeding information for parents and professionals

**Health.ny.gov/prevention/nutrition/wic/breastfeeding** – The New York State WIC Breastfeeding webpage with resources to support moms' breastfeeding goals from the NYS Department of Health

**Health.ny.gov/prevention/nutrition/wic/breastfeeding/back\_to\_work\_mom** – Information to help moms going back to work and current laws for mothers breastfeeding in public

**ILCA.org** – International Lactation Consultant Association. Find a lactation consultant in your area and get other helpful resources.

**KellyMom.com** – Breastfeeding information and internet links for mothers

**WICBreastfeeding.fns.usda.gov** – United States Department of Agriculture's resources to support breastfeeding mothers. Topics include the benefits of breastfeeding, breastfeeding supplies, baby hunger cues, delivery room 101, various feeding holds, and the phases of breast milk.

**WomensHealth.gov/breastfeeding** – Breastfeeding questions and answers from the Office on Women's Health, Health and Human Services

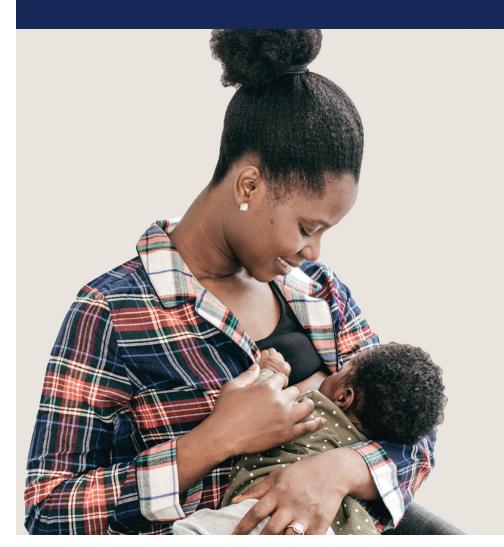
WorkAndPump.com - Information about breastfeeding for working moms

**YouTube.com/user/cobfcvideos** – Three videos about moms, employers and breastfeeding friendly workplaces, developed by the Colorado Breastfeeding Coalition



### My Baby's First Few Months & Beyond: A Checklist

My goal is to feed my baby breast milk for \_\_\_\_ months.





or formula).

### Learn what to expect when feeding your baby. Know where to find support. Knowledge + Support + Confidence = Success

# Signs that feeding is going well and I'm making enough milk: My baby breastfeeds at least 8-12 times every 24 hours. My baby has 3-4 poops and 6-8 wet diapers each day. I can hear my baby gulping or swallowing at feedings. Once my baby latches on, my nipples do not hurt.

## ! will check in with my baby's doctor or my lactation consultant if:

My baby receives only breast milk (no water, sugar water

- My baby acts fussy when we nurse and does not seem satisfied after most feedings.
- △ My baby does not breastfeed at least 8 times every 24 hours.
- △ My nipples hurt during feeding, even after my baby latches on.
- △ I can't hear my baby gulping or swallowing, or I can't tell.
- I think I'm not making enough milk.
- I think my baby isn't gaining weight.

**Don't wait.** As soon as you think you or your baby need help, call your baby's doctor or the lactation consultant.

### **1.** GETTING TO KNOW MY BABY Communicating with each other

Birth	h date:	Time of birth:
Birtl	h weight:	Discharge weight:
	oy's weight at checkup 2 days common to lose up to 7 perc	_
	oy's second week weight: — by should regain birthweight	
	I know I can learn my baby's pooping and sleeping.	s patterns for crying, eating, peeing,
	I am prepared for some challenges, and understand things will get easier as my baby gets older.	
2.	THE NEXT FEW I	
	Continuing to thi	rive with your baby
	I know WIC can provide a breezpress, collect and store my baby.	reast pump and teach me to by milk for when I am away from
	I will talk with my employer a breastfeeding.	about supporting my continued
	I will choose a child care pro supports how I feed my bab	ovider who understands and y.
	I will practice ways to feed in comfortable feeding my bab	•
	I will add solid foods beginn	ing at 6 months.