

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



**WIC
Program**

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

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





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.
- ☐ My baby receives only breast milk (no water, sugar water or formula).



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

- ☐ 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 date: _____ Time of birth: _____

Birth weight: _____ Discharge weight: _____

Baby's weight at checkup 2 days after discharge: _____
(It's common to lose up to 7 percent from birth.)

Baby's second week weight: _____
(Baby should regain birthweight within 10 to 14 days.)

- ☐ I know I can learn my baby's patterns for crying, eating, peeing, pooping and sleeping.
- ☐ I am prepared for some challenges, and understand things will get easier as my baby gets older.

2. THE NEXT FEW MONTHS

Continuing to thrive with your baby

- ☐ I know WIC can provide a breast pump and teach me to express, collect and store my milk for when I am away from my baby.
- ☐ I will talk with my employer about supporting my continued breastfeeding.
- ☐ I will choose a child care provider who understands and supports how I feed my baby.
- ☐ I will practice ways to feed in public so I can become comfortable feeding my baby in front of others.
- ☐ I will add solid foods beginning at 6 months.