

Bringing Home **b** **a** **b** **y**

**3 Simple
Stress-
busters**

Do NOT print!

**What's
Your Baby
Saying?**

Take our quiz
and find out!

**Breastfeeding
Success!**

What you
need to know



National WIC
Association

Congratulations!

Being a mom can be one of life's greatest joys. Every day with your baby is special, and the first month is very important. This is when you will start breastfeeding, which gives your baby the love and nutrition he needs to grow healthy and strong. You'll also get to know your baby and start to understand his signs or what he's trying to tell you. You'll learn when he's hungry, sleepy, wants to be held, and needs a diaper change.

To help you get ready for the first month with your baby, WIC has created this magazine with lots of great advice and tips. Enjoy!

My Baby's First Feeding

"I wanted to breastfeed and bond with my baby right after he was born. But my breasts didn't feel full on the first day, and my son had trouble latching on to my breast. I was upset and frustrated because things weren't going well. But I didn't give up. I called my WIC counselor. She gave me tips to help my baby latch on. With a little patience and practice, I was able to breastfeed more easily. I'm so glad I got help and that I stuck with it! Now breastfeeding is going great."

—Maria, WIC mom, California

Maria's experience is very common. Many moms expect to make lots of milk right after their baby's born, and they think their breasts will feel different. But that's not what happens. For the first few days, your body will make a milk called colostrum. Colostrum is thick and yellow, and it has lots of antibodies that protect your baby from getting sick. That's why it's important to breastfeed him as soon as possible after you give birth. Place him

on your chest, skin to skin, so he will find your breast and latch on.

After a few days, you'll make larger amounts of breast milk. It may look pale, thin, and watery. This is normal. During the first few weeks, your body will naturally adjust your milk to meet your baby's needs. To make plenty of milk, you'll need to breastfeed often. Also remember that breastfeeding shouldn't hurt. If you feel pain when you nurse, talk to your WIC counselor right away. It's important to get the support you need from the beginning.





Breastfeeding: A Mother's Gift

By Norma Rosales

Breastfeeding is one of the best gifts you can give your baby. Expert **Dr. Norma Rosales, a pediatrician at the Venice Family Clinic in Los Angeles** explains why your breast milk is just right for your baby.

- **Breast milk helps keep your baby healthy.** Babies who are fed formula are more likely to get sick, have allergies, and be overweight. Breast milk strengthens your baby's immune system and protects her from disease and infection.
- **Breastfeeding is a wonderful way to bond with your baby.** When you hold your baby close against your chest and enjoy skin-to-skin contact, she'll feel warm and safe.
- **Breast milk changes over time to meet your baby's needs.** This means she will always get the right nutrition as she grows.
- **Breast milk is always ready.** It's available anytime and anywhere. It's always the right temperature, clean, and free!
- **Breast milk is easy for your baby to digest.** That's because your body makes it just for her. Formula is harder to digest.
- **Breastfeeding is good for the environment.** Breast milk doesn't need packaging, bottles, artificial nipples, or soap for washing these items.
- **Breastfeeding is good for you!** It helps you recover faster from labor and delivery, and it can help you lose pregnancy weight faster.

Your Breastfeeding Questions Answered



How often will my baby need to breastfeed?

Your newborn will need to eat at least 8 to 12 times a day. This means that in the beginning, you'll breastfeed at least every few hours. But your baby may not follow a pattern. For instance, she may nurse several times close together and then wait for another few hours to feed. So instead of watching the clock, watch your baby for signs that she's hungry. This way, you can breastfeed her before she starts fussing or crying. (If she starts crying, it will be harder for her to latch on well.) Three signs of hunger to watch for:

- Baby makes sucking motions.
- Baby moves her head from side to side as though she is searching for your nipple.
- Baby moves her hands and arms toward her mouth.



How will I know when my baby is done feeding?

In the first month, your baby will probably fall asleep when she's done feeding. When she's a little older, she may stop sucking and turn away from the breast. When she does this, wait a minute before you offer your breast again. (You can burp her while you're waiting.) If your baby starts feeding again, she was just taking a break. If she doesn't, she's probably full. It's normal for some babies to eat a lot at one feeding and much less at the next. That's why it's important to follow your baby's signs of hunger and fullness.



How will I know if my baby is getting enough milk?

Good question! The easiest way is to count her wet and dirty diapers. By the time your baby is 5 days old, she should be wetting at least 6 diapers a day and having about 3 bowel movements a day. She should also be gaining weight. (It's normal for babies to lose some weight in the first week, but they should start to gain weight by the second week.) Your doctor will check at every well-baby visit to make sure she's gaining enough weight. You can also ask your WIC counselor to weigh your baby.



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Peer Advice

"I've received help from a Breastfeeding Peer Counselor, been a Peer Counselor, and now I supervise Peer Counselors. We are your cheerleader, your sister,

your friend who gives great information and loving support. I see moms connect over a tender bond: the mother and her nursing child." —Karla Lewis, WIC Breastfeeding Peer Counselor Coordinator, Bronx, NY



Your Guide to Breastfeeding Success

You're giving your baby the best start in life! Breastfeeding is natural and healthy, and you'll enjoy the special closeness between you and your baby. Like anything new, breastfeeding may take some practice. So give yourself time, and try these tips to get off to a good start.

TRY THIS

Nurse at least 8 to 12 times a day. Your baby's stomach is tiny, about the size of his fist, so he needs to feed often.

Try different breastfeeding positions. Ask someone to show you different positions. With any position, make sure your baby's whole body is turned toward you, not just his face.

Make sure your baby is latching on the right way. His mouth should open wide to cover your nipple and part of the areola (the dark area around the nipple). Breastfeeding should not hurt.

Listen closely. After the first few days, you should hear swallowing sounds from baby.

If breastfeeding seems hard at first, keep trying. Your WIC counselor can help you with any concerns.

WHAT HELPS

Feeding often helps you make more milk. It also keeps your breasts from getting too full.

You can figure out which positions are most comfortable for you and your baby. With a good position, breastfeeding will be easier for both of you.

When your baby latches on well, he gets more milk. Also, this helps prevent your nipples from getting sore or cracked.

This lets you know if your baby is getting enough milk.

With breastfeeding, moms and babies may need a little practice and help. But it will get easier!

MOM TALK



"Breastfeeding gives you such a powerful feeling of closeness with your child. It's so unique and special that you never want to let go."

—Isabel, WIC mom, Texas



WIC nutritionist and certified lactation counselor **Doreen LaDuca** from Albany, New York gives her tips for feeding your baby breast milk or formula from a bottle.

From the Expert: Bottle Basics

If you're going back to work or school, or if someone else will be watching your baby for a few hours, she may need to feed from a bottle. You can use a breast pump to express your milk and put it in a bottle. This way, your baby can still get breast milk. Here are important bottle-feeding tips to keep in mind and to share with your baby's sitter. If you use formula, many of these tips apply to you too.

- 1 Wait until breastfeeding is off to a good start before you begin using a bottle.** Sometime between 4 and 6 weeks of age is a good time.
- 2 Have someone else give your baby her first bottle to practice.** Your baby connects you with breastfeeding, so if you hold her, she may want to breastfeed and reject the bottle.
- 3 Be patient.** Some babies need time to get used to a bottle. It may take your baby several tries before she starts feeding from one. If you're having trouble getting her to take a bottle, talk to your WIC counselor for more ideas.
- 4 Always hold baby and bottle when feeding.** Never put her to bed with a bottle or prop it in her mouth. This can cause choking, tooth decay, and ear infections.
- 5 Never heat a bottle in the microwave.** This can create hot spots that could burn your baby's mouth. It can also destroy important nutrients in breast milk. Instead, put the prepared bottle in a bowl of warm water for a few minutes. Squirt a few drops of milk on your wrist before giving to baby to make sure it isn't too hot.
- 6 If you use formula, follow directions on the label exactly when mixing it.** If you add too little or too much water, your baby won't get the right amount of nutrition. Formula that is mixed wrong can affect her growth, and she may get constipated or very sick.
- 7 Make feeding your baby special.** It's a great way to bond with her. While you feed her, you can cuddle, look into her eyes, and talk softly to her. She needs to feel close to you!

IT WORKED FOR ME



"Even though I went back to work when Marcus was six weeks old, I wanted to keep breastfeeding. I used a breast pump from WIC. I started pumping before I went back to work so I could store some breast milk in the freezer ahead of time, and my mom could give it to Marcus in a bottle."

—Jada, WIC mom, Michigan

What's Your Baby Saying?

Your baby can't talk yet, but he's already trying to tell you how he feels. Can you read his signs? Find out with this quiz. **Match each baby with what you think he or she is telling you. Answers are below.**

| If your baby is doing this... | He/she is trying to tell you... |
|---|--|
|  <p>1 Aaliyah has glassy or puffy eyes and is yawning</p> | <p>A "I'M HUNGRY!"</p> |
|  <p>2 Manuel is arching his back, scrunching up his face, and letting out a piercing cry</p> | <p>B "I'M SLEEPY!"</p> |
|  <p>3 Lily is turning her head toward you and staring at your face</p> | <p>C "SOMETHING HURTS."</p> |
|  <p>4 Derek is opening his mouth, making sucking noises, and moving his hands to his mouth</p> | <p>D "I NEED A BREAK."</p> |
|  <p>5 Carlos is looking away from you, scratching his fingers, and tensing up his face and body</p> | <p>E "I WANT TO BE NEAR YOU."</p> |

ANSWERS

- 1 – B.** Aaliyah is sleepy. Put your baby in a safe place (like her crib) as soon as she shows these signs. This way, she won't get overtired and fuss or cry.
- 2 – C.** Manuel is saying, "Something hurts" or "Something is bothering me." For instance, he might be lying in a bad position, or his clothes may be too tight.
- 3 – E.** Lily wants to be near you. So hold her close, either in your arms or in a sling. You can't spoil a baby, so cuddle her as much she wants!
- 4 – A.** Derek is hungry. Look for these hunger signs so you can feed your baby before he fusses or cries.
- 5 – D.** Carlos needs a break. A newborn has a very short attention span, so he may need a break after only playing for a few minutes.

3 Simple Soothers

You changed your baby's diaper, fed him, burped him, and held him. But he's still crying. What to do? For starters, try to stay calm; sometimes babies just cry. In fact, the average 6-week-old cries over 2 hours a day. Here are some ways to help calm your baby—so you'll both feel more relaxed.

1 Skin-to-skin contact. Take baby's clothes off (but leave his diaper on). Hold him against your bare skin on your chest. Cover yourselves with a light blanket. Babies find skin-to-skin contact very soothing because they can hear your voice and heartbeat. Dads will love doing this, too.

2 Motion. Rock your baby in your arms, or sit in a rocking chair with him. You could also put him in a baby sling and walk around the house. He'll love the gentle motion and being close to you.

3 Soothing sounds. Hold your baby close and whisper soothing words into his ear over and over. This will remind him of the background noises he heard when he was in the womb.



Your Baby's Sleep: What to Expect



My baby is 1 week old. How much should he sleep?

At first, your baby will sleep about 16 hours a day. That might seem like a lot, but all of that sleep doesn't happen at once. A newborn can't stay asleep for more than a few hours at a time because he needs to eat often. This means your baby will wake up frequently at night. But don't worry. This won't last very long!



When will my baby start sleeping more at night?

Hang in there! The first month can be hard, because you're caring for your newborn and sleeping very little. By the time your baby is 6 to 8 weeks old, he will start sleeping for longer periods of time, and he may sleep more at night than during the day. He may even start sleeping for a stretch of 4 to 5 hours at night. To help baby sleep, try playing some background noise. Turn on a fan that's pointed away from him, or turn on a clock radio at low volume. These sounds will help remind your baby of being in your belly, where it was noisy.

How can I make bedtime safe?

The biggest concern is the risk of SIDS (Sudden Infant Death Syndrome), which is an unexplained death that can happen while a baby is sleeping. Thankfully, you can do some things to help keep baby safe.

- Breastfeed your baby. It can help prevent SIDS.
- Place baby on her back to sleep. This position is the safest. Use it for all sleep times, even naps.
- Put your baby on a firm sleep surface, like a new crib mattress. Never put her to sleep on quilts, pillows, or other soft surfaces.
- Don't put pillows, stuffed animals, and other soft objects in your baby's crib.
- Keep the room cool. Don't overheat. (If it is cold, use a sleep sack or wearable blanket. Don't use a loose blanket.)
- Don't allow smoking inside your home.
- Talk to your doctor or WIC counselor about safe sleeping.

Help Wanted!

Being at home with your new baby can be wonderful, and it's also a lot of work. It's important to have support so you can spend time bonding with your baby. Ask family and friends to help with grocery shopping, housework, cooking, and other chores. Here are some ways to get the help you need.

- **If you can, arrange help for the first few weeks.** Have your parents or your partner's parents stay with you right after the baby is born. Or have a relative or a friend visit for a few hours each day to help.
- **Be specific when you ask for help.** In the beginning, many people may offer to help, but they may not know the best way to do that. So don't be shy about asking them to pick up groceries, fold laundry, watch your older children, or whatever else you need.
- **Keep a list of chores that need to be done.** When someone offers to help, let him or her pick a job from the list.

- **Try to freeze meals before the baby arrives.** Then you can just defrost and reheat them when you are too busy to cook.
- **Tell your friends and family that you're planning to breastfeed.** Explain that it's important to you, and that it's good for the baby. This way they will be more understanding and helpful when you breastfeed.
- **Find a new mom group near you.** Other new moms will know exactly what you are going through and they can offer plenty of emotional support. Ask your WIC counselor to help you find a group in your area.

3 Simple Stress Busters

You only slept 4 hours, you haven't had time to shower yet, and your baby is crying. No wonder you're stressed! Here's how to stay calm.

1 Breathe! It sounds obvious, but when you're stressed, you take shallow breaths. Stop and take a few deep breaths that fill your stomach like a balloon. Breathe in slowly, hold, then breathe out slowly. When your brain gets more oxygen, it pumps out fewer stress hormones.

2 Go for a walk with baby. Don't think about what to make for dinner, or how much laundry you have. Instead, take in everything around you. See the blue sky, hear the birds chirping, smell the grass. Being in the moment can bring calm and help you enjoy small pleasures.

3 Stretch it out. Stress can tighten muscles. Release the tension with gentle stretches. Try this one for a tight back: Give yourself a big hug and take a few deep breaths. Repeat. If you still feel stressed, it's okay to put your baby down in a safe place and take a break for a few minutes.

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What To Do If You're Feeling Blue

During the first few weeks with your newborn, you might feel sad at times. This is very common. In fact, up to 80 percent of new moms feel sad, moody, or nervous after having a baby. It usually gets better after you ask someone for help with the baby (like your mom or a friend) and get some rest.

But there is also a more serious form of sadness called postpartum depression. Signs of postpartum depression include:

- Crying often
- Anxiety
- Loss of appetite
- Short temper
- Guilt
- Sleep problems
- Negative thoughts (such as harming your baby)

If you're having any of these feelings, talk to someone you trust right away, like your doctor or WIC counselor.



5 Tips for Going Back to Work or School

After spending time at home with your baby, going back to work or school can be hard. Here are some tips to make it easier.

1 Practice first. Before your first day, take your baby to her caregiver so they can get to know each other. This way, you will also get used to spending a few hours apart.

2 Keep breastfeeding. Ask your WIC counselor for a breast pump and learn how to use it. Start pumping at least two weeks before you return to work or school so you can freeze your breast milk ahead of time.

3 Make your first week back a short week (if you can). If possible, you might also ask to work a more flexible schedule for the first few months.

4 Don't feel guilty. Remind yourself that you are working or studying so you can support your family. You want to provide your baby with everything she needs.

5 Share your feelings. Talk to your partner or friends and family about how you're feeling so they can support you. Also try to find other moms at work or school to talk to; they'll know what you're going through.

Healthy Recipes For You

Here are some easy and healthy dishes to give you the energy you need to take care of your baby.

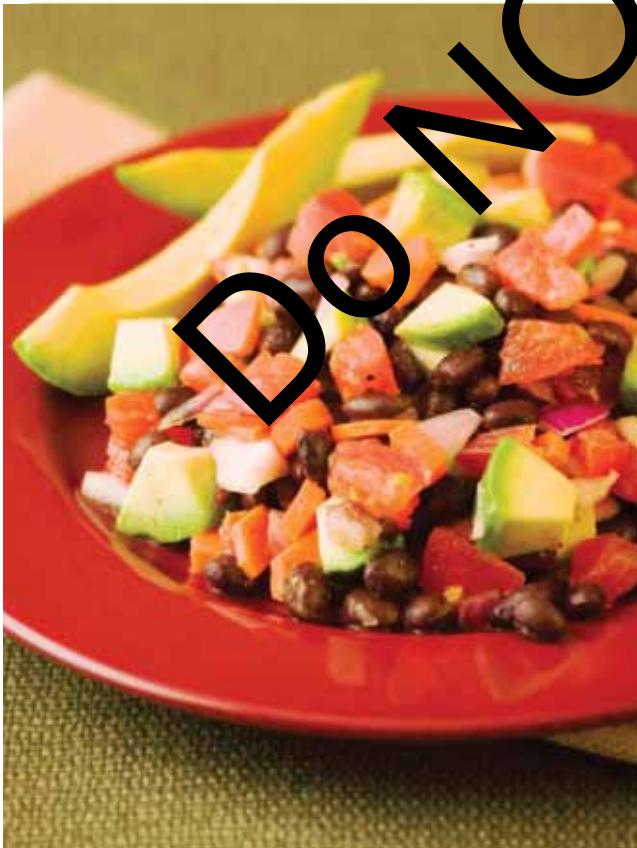
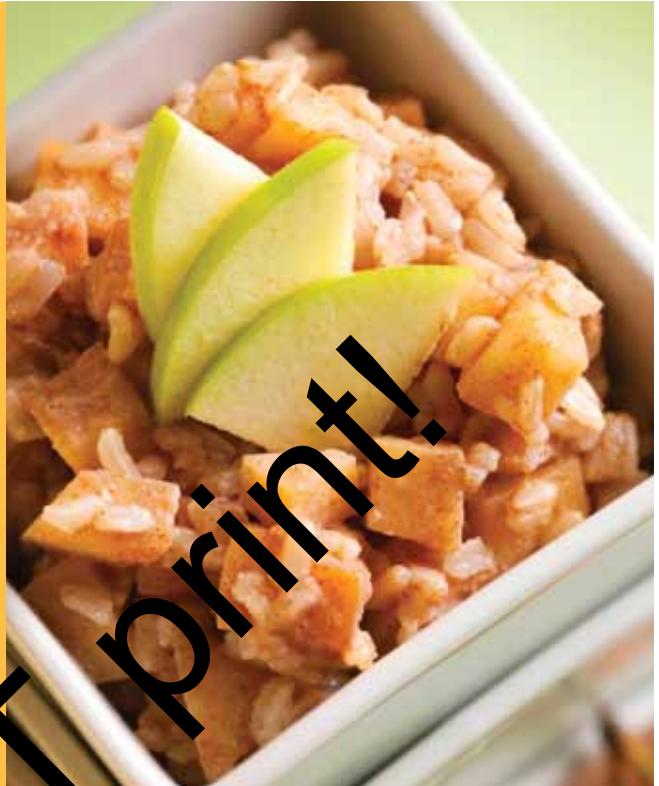
MORNING RICE

- ½ cup cooked brown rice
- ¼ cup low-fat milk or soy milk
- 1 apple, peeled, cored, and finely chopped
- ¼ teaspoon vanilla extract
- ¼ teaspoon cinnamon

Makes: 1 serving

Mix all of the ingredients in a microwave-safe bowl. Heat on high in the microwave for 1-2 minutes or until heated through.

NUTRITIONAL INFORMATION (per serving)
CALORIES 220; FAT 1.5 g; PROTEIN 4.7 g;
CARB. 48 g; FIBER 7 g; CALCIUM 92 mg;
IRON 1 mg; VITAMIN C 5 g; FOLATE 4 mcg



BLACK BEAN AND AVOCADO SALAD

- 1 (16-ounce) can black beans, drained and rinsed, or 2 cups cooked black beans
- 2 medium carrots, diced
- 2 medium tomatoes, diced
- ½ medium red onion, diced
- ½ avocado, diced
- 1 tablespoon olive oil
- salt and pepper to taste

Makes: 8 servings

In a large bowl, mix beans, carrots, tomatoes, red onion, and avocado. Toss with olive oil and season with salt and pepper to taste. Serve chilled.

NUTRITIONAL INFORMATION (per serving)
CALORIES 128; FAT 5 g; PROTEIN 4.5 g;
CARB. 16.5 g; FIBER 6 g; CALCIUM 26 mg;
IRON 1.1 mg; VITAMIN A (RE) 366 mcg;
VITAMIN C 10 mg; FOLATE 79 mcg

Healthy Recipes For You

FRUIT SMOOTHIE

- 1 cup non-fat milk
- 1/3 cup frozen orange juice concentrate
- 3/4 cup frozen fruit (peaches, bananas, berries, or others)
- 1 tablespoon sugar (optional)
- 1 teaspoon vanilla
- ice as needed

Makes: 2 servings

Puree all ingredients in a blender until smooth. Serve immediately.

NUTRITIONAL INFORMATION (per serving)
CALORIES 176; FAT 0 g; PROTEIN 5.6 g;
CARB. 37 g; FIBER 1.2 g; CALCIUM 137 mg;
VITAMIN A (RE) 80 mcg; VITAMIN C 122 mg;
FOLATE 6 mcg



PIZZA PLEASE

- 2 whole-wheat tortillas
- 2 tablespoons tomato paste
- 1/2 teaspoon Italian seasoning
- 1 tomato, thinly sliced
- 2 tablespoons mozzarella cheese, shredded

Makes: 2 servings

Preheat oven to 425°F. Pierce tortillas with a knife and place on a baking sheet. Bake for 2 minutes or until crisp. Spread tomato paste evenly on both tortillas. Sprinkle with Italian seasoning. Add a layer of tomatoes and mozzarella cheese. Bake for 5 minutes or until cheese has melted.

NUTRITIONAL INFORMATION (per serving)
CALORIES 128; FAT 2.4 g; PROTEIN 6 g;
CARB. 27 g; FIBER 3 g; CALCIUM 70 mg;
IRON 1.3 mg; VITAMIN A (RE) 90 mcg;
VITAMIN C 15 mg; FOLATE 8.4 mcg



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