

# BREASTFEEDING: A HEALTHY WAY TO FEED YOUR BABY

## Tips for feeding your new baby

### ☐ All babies need breast milk or baby formula with iron. Breast milk is best for your baby!

- Your baby will have a special cry or fussiness to show when he or she is hungry.
- Feed your baby when your baby is hungry. Do not try to feed your baby on a schedule.
- Your newborn might wake up hungry several times at night. Over a few months, most babies will start to sleep through the night.

### ☐ You can breastfeed your baby.

- Breastfeeding is the best nutrition for all babies.
- Breastfeed your baby for the first year or longer, if possible.
- Breast milk has vitamins and minerals that help your baby stay well.
- Breastfed babies are less likely to get allergies.
- Breastfeeding is good for you too. It helps you get back in shape. It helps lower the risk of breast cancer.
- Breastfeeding is natural. It may take some practice.
- Remember to drink lots of fluids.
- If you have trouble, ask your doctor or clinic for help.
- Let your doctor know if you are taking any medicine or drugs or if you are infected with HIV.

# RESOURCES BREASTFEEDING TIPS

## WHERE TO FIND HELP

### Want to find out about eating healthy foods during your pregnancy and about breastfeeding?

Call Women, Infants and  
Children (WIC):

(888) 942-9675

### Want to find out more about breastfeeding?

Call La Leche League:

(800) 525-3243

# FOR THE HEALTH OF A BABY AVOID SMOKE, ALCOHOL AND DRUGS

## Tips to remember to take care of you and your baby

# HEALTHY BABY TIPS

- ❑ **Protect children from tobacco smoke.**
- ❑ **Do not smoke while you are pregnant.**
- ❑ **Ask your partner and friends not to smoke around you while you are pregnant.**
  - Secondhand smoke is not good for you or your baby.
  - You have a greater chance of having a baby who weighs too little.
  - Your baby is also at risk for other health problems.
- ❑ **Secondhand smoke is especially harmful for a newborn.**
  - Smoke can make it hard for babies to breathe.
  - Babies have very small lungs and airways and the airways get smaller when babies breathe air with smoke in it.
  - A baby also has a higher chance of dying of Sudden Infant Death Syndrome (SIDS or crib death) if a mother smokes while she is pregnant or if there are smokers in the home.
- ❑ **Never smoke around infants and children.**
  - Ask people not to smoke in your home. This includes babysitters, caregivers, friends and family.
  - Ask smokers to go outside while they smoke.
  - Don't smoke or let others smoke in your car.
- Make sure child care, school and other places children go are smoke-free.
- Help people who are trying to quit smoking.
- ❑ **Do not drink alcohol or use drugs while you are pregnant.**
  - Whatever you smoke, drink or use may harm your baby.
  - Alcohol use can cause babies to be born with small heads, heart defects and other problems.
  - Drug use can also cause babies to have brain damage or birth defects.
  - If you need help to stop smoking, drinking or using drugs, ask your doctor or local clinic. Get help from your doctor or clinic.
- ❑ **Talk to your doctor or clinic before you take any medicine while you are pregnant.**
  - Even some kinds of medicines can harm your baby.
  - Tell your doctor or health worker about all the medications and drugs you take. Ask your doctor before you use any kind of medicine, even aspirin.

### ***Need help quitting for yourself or someone you love?***

Call the California Smoker's Helpline at (800) NO-BUTTS or (800) 662-8887 or the Alcohol or Drug Abuse Hotline at (800) 252-6465