

Shh...

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Nursing in progress.

It's feeding time for my baby.



BABY'S MENU

Mother's Milk

Mother's first milk, *colostrum*, is thick and clear to bright yellow in color.

- It protects my newborn from disease.
- It reduces my baby's risk of jaundice.
- It is the **only** food my newborn needs.

After two to five days, mother's milk becomes thinner and bluish white in color. It is the **only** food my baby needs the first 6 months of life.

Breastfeeding information line:

1-800-514-6667

www.tdh.state.tx.us/wichd/bf/faqs.htm

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My baby is ready to nurse if he:

- makes sucking noises
- sucks on his hands and fingers
- searches for my breast

To get breastfeeding off to a good start, my baby should nurse:

- within 30 minutes of birth
- every 1½ to 2 hours
- without having water, formula or a pacifier
- at his first signs of hunger



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