



**Enough milk?**



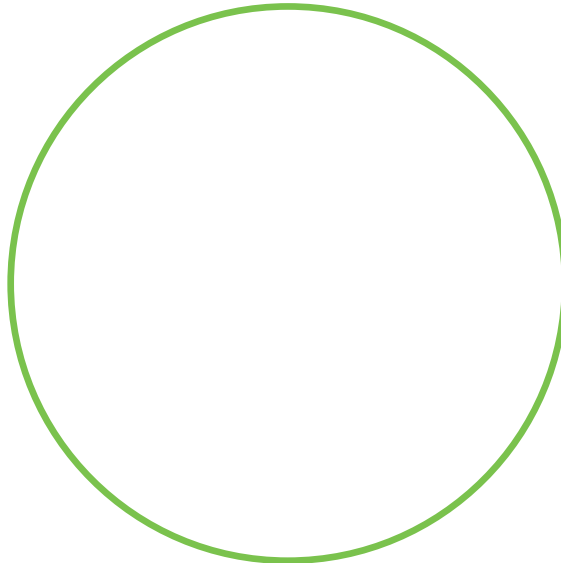
**Breastfeeding  
my baby**



**Breastfeeding in  
public**



**Returning to work  
or school**



**Breastfeeding  
discomforts**

# **Breastfeeding**

## Enough milk?

### Suggested Questions:

- What have you heard about ways to increase your milk supply?
- Tell me more about your concerns.

### Tips:

- Milk production is based on supply and demand.
- To increase milk supply, breastfeed your baby every 1 to 2 hours or whenever your baby shows signs of hunger.
- If your baby cannot latch to your breast, try pumping.
- Offering bottles or pacifiers may cause your baby to have problems when latching onto your breast and/or a decrease in breastmilk supply.
- A sudden increase in breastfeeding may indicate your baby is growing. After 2 to 3 days your milk supply will increase and your baby will not feed as often.

### Handouts:

- *Breastfeeding. Keep it simple (book)*
- *How To Tell If Your Baby Is Hungry (tear off sheet)*

## Breastfeeding my baby

### Suggested Question:

- What questions do you have about breastfeeding your baby?

### Tips:

- Your breastmilk is the perfect food for your baby for the first six months of life.
- Your baby is interested in watching you and will let you know when it's time to start trying other foods.
- Try to take a nap when your baby does.
- Breastfeeding times change with your baby's age.
- Breastfeed your baby for at least the first year of your baby's life.
- A sudden increase in breastfeeding may indicate your baby is growing. After 2 to 3 days your milk supply will increase and your baby will not feed as often.

### Handout:

- *Staff choice*

## Breastfeeding in public

### Suggested Question:

- Tell me more about your concerns.

### Tips:

- You do not have to expose your breasts to breastfeed your baby.
- Wearing clothes in layers makes it easier to breastfeed in public.
- Using a light blanket to cover your baby provides comfort to you and your baby.
- Try practicing in front of your partner, your friend, or a mirror if you are concerned about what others might see.

### Handout:

- *Don't Shy away from Breastfeeding Embarrassment?*

## Returning to work or school

### Suggested Questions:

- What plans have you made for your baby when you return to work/school?
- What have other friends told you about returning to work/school?

### Tips:

- The time it takes to plan to breastfeed and return to work/school is worth it!
- Breastfed babies are healthier babies and parents lose less time away from work/school.
- Breastfeeding is a wonderful way to greet your baby when you return from work/school.
- Learn how to pump and store your breastmilk.

### Handouts:

- *Working and Breastfeeding. Can you do it? Yes, you can!*
- *Breastfeeding and Returning to Work*
- *Breastfeeding. Keep it simple (book)*

## Topic of your choice

## Breastfeeding

## Breastfeeding discomforts

### Suggested Question:

- Tell me more about your concerns.

### Tips:

- Check your baby's position at your breast. Make sure your baby's mouth is wide open. The baby's chin should touch your breast.
- Make sure your baby gets as much of the darker part of your nipple area into the mouth.
- If you still have pain after a few seconds, break the baby's latch and try again.
- If necessary, breastfeed every 1 to 2 hours and for shorter periods of time if in pain.
- Ask for help if pain continues.

### Handouts:

- *Breastfeeding. Keep it simple (book)*
- *If your Breasts are Engorged (tear off sheet)*