



First Week Edition

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(Spanish speaking)

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Welcome home baby! The first week of life with a new baby is exciting, but it can be a bit stressful for both mom and baby. You both are learning and adjusting to the change. Babies need a lot of attention. It is normal to feel unsure and worry if baby is getting enough of what he or she needs.

Nursing the baby frequently, about 8 times in 24 hours, is the best way to ensure your baby is receiving adequate nutrition and also helps to stimulate your milk supply. Over the first week your milk supply will change from colostrum to a milk that contains more fluid. It should not hurt or be painful to breastfeed. If you are sore, please contact us for our support. You can always call or text me at any time.



How do I know if my baby is getting enough to eat?

- Watch your baby. He or she will give you lots of information, even at this age.
- Early cues of hunger include: baby's hand in a fist, licking or sucking on lips and tongue, fidgeting, waving hands, and/or crying. The earlier you are able to notice these cues, the easier it will be to calm your baby.
- When babies are full, their hands and body are relaxed. They will often fall asleep and release from the nipple. After, take the time to burp and/or change your baby's diaper.
- Lastly, if you are unsure if your baby is hungry, go ahead and try feeding. Babies feed on their own schedule.

Moms who get support from other breastfeeding moms or lactation counselors are more likely to continue breastfeeding. I am happy to be that person for you. Do not hesitate to call and we can talk.
