



## Sixth Week Edition

From Marisela,  
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Counselor

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(Spanish speaking)

WIC is an equal opportunity provider

**Six weeks** is a milestone for mom and baby. You and your baby have now settled into a comfortable pattern of enjoyable breastfeeding. Congratulations!

**Changes for mom:** Typically your milk supply will begin to regulate so your breasts will feel softer and less full. This does not mean that milk supply has decreased; instead, your body is now making milk a bit more efficiently and knows exactly what your baby needs.

**Changes for baby:** Babies feed less often and feed faster. Stooling becomes less frequent as your milk changes which means less diaper changes.



### Vitamin D



Breastmilk does have vitamin D but your baby needs more. Our bodies make vitamin D when the sun is on our bare skin. However, this can be difficult here in Wisconsin!

**Solution:** We can give our babies a daily drop of vitamin D to prevent health problems related to a lack of vitamin D. A supplement of 400 IU per day is recommended and can be purchased at most drug stores without a prescription. Be sure to talk with your health care provider before starting any new supplements or medications.

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*As always, feel free to call or text me with any questions, concerns, or if you would like to schedule a weight check for your baby.*

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