



## MILKY WAY



### Breastfeeding Facts:

Breast milk always has the right amount of fat, carbohydrates and protein. A mother's milk composition changes to adjust to the needs of her growing baby.

Breast milk contains special cells that help to protect infants from illness and infection.

During the early weeks skin-to-skin contact helps your baby be connected to his instinctive breastfeeding skills and helps you and baby enjoy breastfeeding. Each mother discovers what works for her, and what works for one mother may not work for another.



## MILKY WAY



### Breastfeeding Facts:

The size of your breasts doesn't matter. Large or small breasts can make as much milk as the baby needs.

Breastfeeding may take about an hour at first, but after you and your baby learn how, it will take less time.

Signs that your baby is hungry may include:

- Rapid eye movement (REM) while eyes are shut
- Opening and closing mouth
- Sucking on hands or fingers
- Bobbing head around or moving head side to side with searching mouth (rooting)
- Crying which is a late hunger sign





## MILK DUDS

### Breastfeeding Myths:

#### **Breastfeeding is painful.**

While breastfeeding shouldn't be painful, it's common for your breasts and nipples to feel sore and tender for a few days while your body adjusts to nursing. If you feel any pain or discomfort, get help from a lactation consultant or your CHW.

#### **You won't make enough milk in the first weeks.**

The milk you make in those early days is called colostrum or "liquid gold." This milk is packed with all the nutrients your baby needs. It is small in volume but enough to keep your newborn's tiny tummy full.

#### **You can't offer both breast and bottle.**

Plans change! Adding formula to your baby's diet doesn't mean breastfeeding has to end. Work with a lactation consultant and your pediatrician to determine how much breastmilk and formula your growing baby needs throughout their first year. Remember, every ounce counts!



## MILK DUDS

### Breastfeeding Myths:

#### **Formula doesn't affect milk supply**

Formula can impact your milk supply and may be a little harder on your baby's tummy. If you need to skip a breastfeeding session, be sure you replace it with a pumping session. Talk to your CHW if you need a breast pump.

#### **Baby crying means I don't have enough milk.**

While they may be hungry, babies also cry if they are too hot, too cold, have a dirty diaper, feel overstimulated, are tired or just want to be held. If your baby seems to be crying more than you think is normal or you feel your baby is not getting enough to eat, call your pediatrician.

#### **Babies sleep better on formula**

Formula may cause your baby to sleep for longer periods of time, but this is because formula is harder to digest than breastmilk. Babies digest breastmilk much more easily and, because of this, they are ready to eat more often. Breastfeeding can also reduce your baby's risk of Sudden Infant Death Syndrome (SIDS) by up to 64 percent.





### Why Milky Way and Milk Duds?

Nurture KC's Healthy Start program connects our moms with one-on-one support, education and resources to have a safe pregnancy and healthy baby. We continue support for moms, dads and their infants (until they are 18 months old) to give them a healthy start in life.

Breastfeeding support is one of our resources. We like to have some fun along with providing education! So, our moms are receiving Milky Ways and Milk Duds while they're learning tips to successfully breastfeed.

For more local breastfeeding resources, visit [nurturekc.org/resources/#breastfeeding](https://nurturekc.org/resources/#breastfeeding).

