



# Questions about Breastfeeding

*It is normal to have questions and concerns about breastfeeding. Read this if you've ever wondered...*

## **Will I make enough milk?**

The secret to making enough milk is simple. The more your baby nurses, the more milk your body will make. If your breasts are emptied, they make more milk. When they stay full they stop making milk. The size of your breasts has nothing to do with how much milk you will make.

## **Does breastfeeding hurt?**

Some soreness is normal in the beginning for some, but breastfeeding should not hurt. When your baby is nursing and getting milk, you just may feel a gentle tug. If you experience pain, ask for help. You may need someone to help you with positioning and latch.

## **How can I tell if my baby is getting enough to eat?**

Babies should breastfeed on demand when they show signs of hunger. Crying is a late sign of hunger. In the first 4–6 weeks your baby will generally breastfeed 8–12 times in 24 hours. You should hear audible swallowing and see jaw and ear movement when the baby breastfeeds.

## **How long does a feeding last?**

It is important to watch your baby and not the clock. Offer one breast until the baby stops the feeding before offering the second breast. You may notice softening of the breast, this is a sign the baby has emptied the breast.

## **When should I give my baby solid foods?**

Breast milk is the only food your baby needs from birth until 6 months of age. Once your baby is 6 months old, you can start to offer solid foods. Remember that breast milk is still a necessary part of your baby's diet until she is at least 1 year old.

## **Does my baby need formula in addition to my breast milk?**

No. Your body will make the milk your baby needs. Exclusive breastfeeding is what is recommended for optimal growth. Offering formula or water in addition to your breast milk may cause your milk supply to decrease.

## **Do I need to change what I eat?**

Be sure to eat a variety of foods. Include vegetables, legumes, fruits, whole grains, lean meat, fish and other protein sources, and low fat dairy products. Drink plenty of fluids including water, low fat milk or unsweetened fruit juice.

