



## Most new babies:

- Wake up to eat 8 to 15 times in 24 hours.
- Poop 3 or more times a day.
  - Black poop for the first 2 days
  - Green poop for the next 2 days
  - Yellow poop by 5 to 7 days after birth
  - Breastfed baby's poop is soft or runny.
- Pee 3 or more times a day.  
Baby may pee and poop in same diaper.
- Start gaining weight 4 to 5 days after they are born.



Photo: Roni Chastain

### Call to get free help with breastfeeding:

WIC: 215.978.6100

PA Department of Health:

1.800.986.2229 TTY: 1.877.232.7640

Nursing Mother's Advisory Council: 215.572.8044

La Leche League: 610.666.0359

Delivery Hospital Telephone: \_\_\_\_\_



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# My Breastfeeding Plan

★ A guide to help me get ready to breastfeed my baby

Breastfeeding helps me create a strong, loving bond with my baby.



### In the hospital, I will:

- Tell every nurse, doctor and midwife that I will breastfeed and I do not want formula for my baby.
- Watch my baby find my breast and start breastfeeding.
- Breastfeed my baby as soon as possible, and as much as my baby wants.
- Keep trying to breastfeed if it does not work at first. The more I breastfeed, the easier it will be.
- Refuse samples of formula.
- Ask if I can talk to a breastfeeding counselor.
- \_\_\_\_\_

### Before my baby is born, I will:

- Talk with women who breastfed and liked it.  
names: \_\_\_\_\_
- Watch other women who are breastfeeding.
- Go to a class about breastfeeding or childbirth.  
where: \_\_\_\_\_
- Tell everyone in my family that I am going to breastfeed my baby.  
names: \_\_\_\_\_
- Find someone to help me with housework for a week after I get home with my new baby.  
names: \_\_\_\_\_
- Read the booklets *Healthy Foods, Healthy Baby* and *My Birth Plan*.\*
- \_\_\_\_\_

Breast milk is the only perfect food for my baby.



### After my baby is born, I will:



I will take my baby for a checkup 2 or 3 days after I leave the hospital.

- Breastfeed my baby because it is the only food my baby needs.
- Keep my baby skin to skin, next to my heart.
- Hold my baby close to see my face. Babies love to look at faces.
- Keep my baby near, so I can see when my baby wants to be fed.
- Wait 2 weeks if I want to give my breast milk in a bottle.
- Wait 2 weeks before giving my baby a pacifier.
- Call a breastfeeding hotline if I have questions or if I have any problems with breastfeeding.
- Read the booklet *Feeding Your Baby from Birth to One Year*.\*
- \_\_\_\_\_

\* To get these free booklets, call 215.685.5225 or go to [www.phila.gov/health/mcfh](http://www.phila.gov/health/mcfh) to download a free copy.