

Should I Breast Feed or Bottle Feed My Baby?



Breast milk contains nutrition for growth and development of your baby. It is easier for babies to digest. It is always available at the right temperature.

- Feeding your new baby takes time and patience.
 - New babies eat small amounts very often. They have very small stomachs.
 - Your baby will probably eat every 2 to 3 hours (8 to 12 times) a day during the 1st few months.
 - Breastfeeding is the best way for your baby to develop and grow healthy and to bond with you.
 - Breastfeeding offers many good things for mothers and babies:
- Breast milk contains good nutrition.
 - Breast milk is easier for babies to digest.
 - Breast milk is always available at the right temperature.
 - Babies who are breast fed may have fewer allergies and infections.
 - Nursing your baby will stimulate the uterus to shrink and return to normal size more quickly.
 - Most women can breast feed their babies.
 - You can learn to nurse your baby by taking your time and practicing.
 - Attend prenatal classes so you can get some tips.
 - If you plan to work, you can still nurse your baby by pumping breast milk and saving it.
 - You can also use formula.
 - The more your baby nurses or you pump, the more milk your body will produce.
 - If you are nursing more than 1 baby, your milk supply will increase to meet your babies' needs.
 - The protection in your breast milk is given to your baby in the 1st milk.
 - Even if you can only nurse for a few weeks, it is good for your baby.

Getting Ready for Breastfeeding

Follow these suggestions:

- Wear a bra with lots of support because your breasts will become larger while you are pregnant.
- Wear a bra at night, too.
- Change to a nursing bra when you start breastfeeding.
- Your breasts will change while you are pregnant in several ways:
 - Your breasts will become larger.
 - The small sacs in your breast fill with milk and send the milk to your nipples.
 - The dark skin around your nipple may also get bigger.
 - The small bumps around your nipples are glands that hold a creamy liquid that keeps your nipples soft and moist.
 - You might see a transparent yellow liquid come out of these openings during the last few months of pregnancy. This liquid helps protect your baby from many diseases.
 - Do not worry if you do not have this liquid coming out of your nipples.
 - The liquid will be there for your baby when you begin to nurse.

To learn more about breastfeeding, refer to the *Infant Feeding* section.