

Happy Babies

All babies cry.

Your baby is telling you when he is hungry, wet, tired, too cold, too warm, lonely or hurting by crying.

When you respond to your baby,
he will feel safe and loved.

It is not a good idea to let your baby 'cry it out'.
Your baby may become more upset and cry harder.

It is easier to comfort a baby who has just started crying
than a baby who is very upset.

Comfort your crying baby:

♥ Smoothe your baby with motion.

Sit in a rocking chair and rock your baby.
Try walking around the house while holding
your baby.

♥ Cuddle your baby.

Hold your baby close to you. Your baby will
love the comfort of feeling and hearing you.

♥ Wrap your baby in a thin blanket.

Your baby will feel secure and warm.

♥ Have quiet times for your baby.

Your baby may become fussy if there are
lots of other people around the house.
Your baby needs some quiet times.
Put your baby in his crib for naps during
the day.

♥ If your baby is hungry, breastfeed or offer a bottle.

Babies need to eat often during the day.



♥ If your baby has just eaten, offer a pacifier.

It's natural for your baby to suck
even when he is not hungry.
Babies also use pacifiers for
pleasure, comfort and security.
Sucking on a pacifier may relax
your baby.

♥ If your baby continues to cry, talk to your health care provider.

Should my baby suck on a pacifier or his thumb?

Pediatric dentists prefer moms use
pacifiers to comfort new babies.

It is easier to stop using a pacifier
than a thumb when your baby is
older.

Never put honey or anything
sweet on a pacifier.

Can I make enough breastmilk for my baby?

Yes, you can make enough breastmilk for your baby.

It is very rare that a woman cannot produce enough breastmilk.

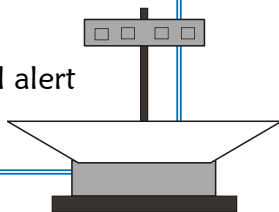
Breastmilk is made by supply and demand.

The more milk removed from your breasts (by breastfeeding or pumping), the more milk your body will make.

Watch your baby – he will tell you when he is getting enough breastmilk:

Look for these signs:

- ♥ Your baby nurses at least 10 to 12 times in 24 hours during the first few weeks.
- ♥ Your baby sucks and swallows while breastfeeding. You can hear your baby swallow breastmilk.
- ♥ Your breasts feel softer and lighter at the end of each feeding.
- ♥ Your baby has at least 1 or 2 bowel movements and 6 wet diapers a day during the first few weeks.
- ♥ Your baby is back to his birth weight by 7 to 14 days.
- ♥ Your baby gains 4 to 8 ounces a week after the first week.
- ♥ Your baby looks healthy and alert between breastfeedings.



If you are concerned that your baby may not be eating enough, talk to your health care provider.

Should I give water to my baby?

Your breastfed baby does not need water. Water could fill your baby's small tummy and he won't be hungry to breastfeed.

The more you breastfeed, the more milk you will make.

If your baby fills up with water, he will nurse less and you won't make as much breastmilk.

Babies are meant to be breastfed.

Should I give formula to my breastfed baby?

No, formula will also fill your baby's small tummy. He will nurse less and you will make less breastmilk. Breastfeed often and you will have plenty of breastmilk for your baby.