

How YOU Can Feed Your Breastfeeding Baby

- ◆ Let mom breastfeed without bottles for the first 3 weeks so she can make plenty of milk
- ◆ Ask WIC how to get a breast pump
- ◆ Help mom use the pump to express her milk
- ◆ Now you have mom's milk to feed your baby

Tips on Feeding Baby From a Bottle

- ◆ Practice giving the first bottle when baby is content or still sleepy
- ◆ Try different positions or different bottle nipples
- ◆ Some babies take bottles better when mom is not around
- ◆ Wrap baby in mom's shirt or nightgown. Mom's smell will help baby want to eat.

Dad, this is your chance to give your baby the best start in life.

Your support is so important!



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For Dad...



You Play An Important Role In Feeding Your Infant