

My Breastfeeding Goal

The American Academy of Pediatrics recommends mothers exclusively breastfeed their babies for the first 6 months of life.

Most mothers start with breastfeeding. Over 75% of mothers in the U.S. start breastfeeding their babies at birth.

Many moms plan to exclusively breastfeed their baby. However, only 2 out of every 3 mothers who planned to exclusively breastfeed their baby are still breastfeeding when their baby is 3 months old.

What gets in the way of breastfeeding?

- * Work
- * Social Concerns
- * Infant Formula

Set a Goal for breastfeeding with your baby.

Do you want to exclusively breastfeed your baby for 3 months, 6 months? Do you want to continue breastfeeding, along with the introduction of solid foods, until your baby is 12 months old?

Break into little goals.

Take it one month at a time. Breastfeed your baby for the first month. Then work toward exclusive breastfeeding for the second month, third month.

Be flexible

There will be challenges along the way. Going back to work? Pump and freeze breastmilk before you go back to work. Consider pumping breastmilk while at work. Ask your employer for a quiet room and time for pumping breastmilk.

Give breastmilk to your baby during his first year of life!



How long can I store breastmilk?

Pump some breastmilk for your baby.

When you are away from your baby and unable to breastfeed, you will be ready. Your baby will have breastmilk to drink.

- ♥ Store your breastmilk in clean glass bottles or plastic breastmilk storage bags.
- ♥ Put the amount you think your baby will drink at a feeding – about 2 to 4 ounces of breastmilk – in each container.
- ♥ Write the date on each container.

Breastmilk can be kept in the refrigerator up to 3 days.

Freeze your breastmilk if your baby is not going to drink it within 24 hours.

Breastmilk can be kept in a freezer:

- ✓ 3 to 4 months in a freezer section of a refrigerator.
- ✓ 6 to 12 months in a separate upright or chest freezer.

Rotate your breastmilk supply – always use the breastmilk with the oldest date first.

Baby's First Cup

Your baby grows and learns how to eat during his first year of life. He can breastfeed and suck from a bottle at birth.



Around the age of 6 to 8 months, he will be ready to learn how to drink from a cup.

Take time to let your baby practice with the cup. It will be easier to wean him from the bottle when he is one year old if he knows how to use a cup.

Buy a small sippy cup with a cover.

Avoid the no-spill cups when your baby is little.

It can be difficult for babies to suck out of a no-spill cup.

If the sippy cup has a “no-spill” gadget, remove it.

Your baby will be more interested in the cup if the milk comes out easily when tipped toward his mouth.

Use a sippy cup that has handles or is narrow.

It will be easier for your baby to hold. Most babies will hold a cup when they are about 6 to 10 months old.

Don't wait until your baby holds his own cup before you start using a cup.

You can hold the cup for him in the beginning while he takes small drinks.

What can I put in the cup?

Put a small amount (2 to 3 ounces) of breastmilk, infant formula or water in your baby's cup.

Practice with the cup at mealtimes:

Offer the cup when your baby is eating baby foods. Let him eat from the spoon and then drink from the cup.

Your baby may open his mouth when he sees the cup coming toward him.

- Hold the cup up to your baby's mouth.
- Tip it slightly so a little of the milk touches his lips.

Practice with the cup between meals:

Sit your baby in a high chair and let him play with the cup. This may be a good time to offer water. Some may get into his mouth. Some may end up on the floor.



Let your baby see how you drink from a glass or cup.

He learns by watching you.