

**TITLE CARD:**

Infant Care  
Feeding

**ART CARD:**

[Question:  
What does my baby eat?]

**ON SCREEN TEXT:**

**Dr. Daisey Dowell MD**

Lawndale Christian Health Center

**VOICE OVER:**

Babies eat breastmilk or formula, nothing else. The AAP recommends breastfeeding because breastmilk is the ideal food for babies. But for many women breastfeeding is just not an option, and that's okay. Formula is an excellent alternative to breastmilk and will give your baby all the nutrients that they need.

**ART CARD:**

[Question:  
How do I know if my baby is hungry?]

**VOICE OVER:**

Babies can communicate in a variety of ways, and one of the ways that they let you know that they are hungry might include:

**ON SCREEN TEXT:**

SIGNS YOUR BABY IS HUNGRY

Sucking on their fingers

Turning towards you when you touch their face

Making sucking noises

Nuzzling against your chest

Sticking their tongue out

Crying

**VOICE OVER:**

Sucking on their fingers

Turning towards you when you touch their face

Making sucking noises

Nuzzling against your chest

Sticking their tongues out

Or even just crying to let you know that it's time to eat

**ART CARD:**

[Question:

How much should my baby eat?]

**VOICE OVER:**

Babies eat varying amounts depending on their sleep habits and their feeding habits. But most babies will eat about every two to three hours, including overnight. And breastfed babies may nurse for ten to fifteen minutes on each breast, while formula-fed babies will have about 1-2 ounces at a time. And as they grow, they'll go longer between feedings, and they'll eat more at each feeding. But keep in mind that your baby's tummy is really very small, and can't hold very much at once, so we don't want to have them to start refluxing and spitting up lots of their feeds. So it's important that you avoid overfeeding your baby, and if your baby turns away or stops latching, they're probably full. No need to insist that they continue to drink more.

**ART CARD:**

[Question:

How do I know if my baby is getting enough milk?]

**VOICE OVER:**

The best way to make sure that your baby is eating enough is to check for six wet diapers a day and track their weight with their doctor. You can also listen to see if you hear your baby swallowing if you're breastfeeding. And that's another way to know that your baby is getting the milk that they need.

**ART CARD:**

[Question:

How do I breastfeed my baby?]

**VOICE OVER:**

Breastfeeding is the natural way to feed your baby, but it doesn't always come naturally for everyone, and it doesn't always mean that it's going to be super easy. It's a learning process for you and your baby, like any other skill, and it may take weeks before you get the hang of it.

**ART CARD:**

[BREASTFEEDING POSITIONS

Side-Lying Cradle]

**ART CARD:**

[BREASTFEEDING POSITIONS

Football]

**ART CARD:**

[BREASTFEEDING POSITIONS

Cradle Hold]

**ART CARD:**

[BREASTFEEDING POSITIONS

Side-Lying]

**ART CARD:**

[NEWBORN LATCHING:

Bring your baby close enough to your breast so they can find your areola without effort.]

**ART CARD:**

[NEWBORN LATCHING:

Stimulate your baby's upper lip with your nipple until their mouth opens very wide.]

**ART CARD:**

[NEWBORN LATCHING:

Your baby's chin and lower lip should be the first thing to make contact with your breast.]

**ART CARD:**

[NEWBORN LATCHING:

Your baby's lip must be fully turned out and wrapped firmly against your areola.]

**ART CARD:**

[NEWBORN LATCHING:

Make sure your baby's nostrils are clear from obstruction and that they can breathe easily.]

**ART CARD:**

[Question:

I'm having trouble breastfeeding, who can help?]

**VOICE OVER:**

There are many people who can help you and your baby learn to breastfeed. Your doctor and your baby's doctor will be great resources for breastfeeding questions. Your birthing hospital may even have a lactation consultant who can come and help you while you're in the hospital, and you can even have a lactation consultant come to your home for a private visit depending on the services they offer. So, you see there are many different places that can help, and you're never alone.

**ART CARD:**

[Question:

What if I don't make enough milk?]

**VOICE OVER:**

During the first week, many moms are concerned that they aren't making enough milk, so you're in good company. But don't worry, your baby's tummy is tiny and the first milk that mothers make, called colostrum, is very nutritious. After two to four days, your breasts will start to feel harder and heavier as your body replaces the colostrum with a different kind of breast milk which will continue to give your baby all the nutrition that they need.

The more you breastfeed, the more milk you will make. So, to make sure that you are producing enough, pump and/or breastfeed your baby frequently and drink lots of water. Staying hydrated is very important when you're breastfeeding.

**ON SCREEN TEXT:**

TO MAKE SURE YOU'RE PRODUCING ENOUGH BREASTMILK

Pump and/or breastfeed frequently

Drink lots of water to stay hydrated

**ART CARD:**

[Question:

What if breastfeeding is painful?]

**VOICE OVER:**

In the beginning, breastfeeding may cause your nipples to become sore, crack and even bleed. But this pain should go away after a few days. If it doesn't, call your doctor, your baby's doctor or a lactation consultant to make sure your baby's latching properly and that there are no other issues.

If your pain does not go away or you develop severe breast or nipple pain, warmth, swelling or redness on your breast, a fever, or you just start to feel ill, call your doctor. This might be a sign of mastitis, which is an infection that should be treated right away.

**ON SCREEN TEXT:**

CALL YOUR DOCTOR IF

Your pain does not go away

You develop severe breast or nipple pain

Warmth, swelling or redness in your breast

Fever

Or, you start feeling ill

**ART CARD:**

[Question:

Can I breastfeed my baby if I'm going back to work?]

**VOICE OVER:**

Absolutely, yes! This is a common concern for many women. You can pump your breastmilk and store it in the freezer so your baby can be given breastmilk in a bottle. Even if you're home, having stored breastmilk means that other people can help feed your baby, which gives them a chance to bond and have some fun with the baby too. It also gives you a much-needed break!

Breastmilk can last in the refrigerator for four days and in the freezer for up to six months. Once you defrost the breastmilk, you can store it in the refrigerator for up to 24 hours.

**ON SCREEN TEXT:**

STORING BREASTMILK

Up to 4 days in the refrigerator

Freezer storage within 6 months best, up to 12 months acceptable

Store defrosted breastmilk in the refrigerator for up to 24 hours

**CLOSING ART CARD:**

One

Chicago

Family

A trusted health resource for all Chicago families.