

Feeding your baby

Caring for your new baby

Breastfeeding

Experts suggest breastfeeding for the first 12 months, but any length of time is better than none. Breastfeeding is best for your baby:

- Breast milk has all of the nutrients your baby needs for the first six months of life.
- Breast milk helps your baby fight infections.
- Breastfeeding helps you get back to your normal weight.

Do you have questions about breastfeeding?

Talk to your provider.

Call our 24-Hour Nurse Advice Line at **(888) 275-8750**.

Call the La Leche League at **+1-800-LALECHE (525-3243)**.

Visit the Women, Infants and Children (WIC) website at www.fns.usda.gov/wic.



Bottle feeding

Some women are unable or do not want to breastfeed. You can give your baby formula. Talk to your provider to learn how to pick the best formula for your baby.



Do you have health questions? Call our 24-hour Nurse Advice Line. We are here to help you.

English: **(888) 275-8750**
Español: **(866) 648-3537**
TTY/TDD: **711**



You can feed your baby from your **breast or a bottle**. Ask your provider how often your baby needs to eat.

It is important to make sure **your baby is getting enough milk** from your breast, or formula from a bottle.

If your baby is getting enough milk or formula, you will notice your baby is **gaining weight**.