Busy Moms

Breastfeeding works around *my schedule.*

YES, BUSY MOMS BREASTFEED!

Juggling work, school, family, friends, or other demands might make you nervous about breastfeeding or wonder if it's worth it if you only have a short time at home. Breastfeeding is definitely worth it – for your baby, you, and your entire family. With loving support, you can enjoy all of the benefits it provides.

Your milk is made especially for your baby. Breast milk helps baby's brain grow and is easier for babies to digest, causing fewer upset stomachs. Breastfed babies get sick less often. Breastfeeding reduces your baby's risk of respiratory and GI infections, eczema, diabetes, obesity and Sudden Infant Death Syndrome (SIDS). In other words, breast milk is the perfect food for babies.

Start breastfeeding, even if you only have a short time at home. This is your special time; don't miss out by not even getting started. Not only is it good for your baby, but it is good for you. Breastfeeding after birth helps moms recover from childbirth faster and it also reduces her risk for breast cancer, ovarian cancer, and diabetes. Many moms with busy schedules find ways to make breastfeeding work.

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loving support©

MAKES BREASTFEEDING WORK

BREASTFEEDING WORKS WITH YOUR SCHEDULE.

When your baby is with you, offer her the breast at least every 2 or 3 hours. If she sleeps through the night, consider waking her at your bedtime for an additional feeding. Express your milk every 2 to 3 hours if your baby is between birth to 6 months and every 3 to 4 hours if your baby is 6 months or older. This will keep up your supply.

You can feed your baby breast milk even when you are away. Ask your health care provider or WIC clinic for information about expressing your milk. It's easier than you think! They can also discuss how you should store your breast milk and how you can make as much milk as possible for your baby.

LET SOMEONE ELSE GIVE THE BOTTLE, NOT YOU.

One of your baby's favorite things about breastfeeding is that it happens when she is with you. No wonder most babies take a bottle or cup better from someone else – dad, a sitter, a grandparent. Breathe easy. You make and store the milk so someone else can feed it when you're apart. Babies usually do great with bottles when mom is away. Practice using a breast pump and help your baby get used to taking expressed milk from a bottle a few weeks before you go back to work or school. Breastfeed right before you leave and as soon as possible after you return.

Your baby will be so happy to see you and breastfeed when you return!

SEEK LOVING SUPPORT FROM THOSE AROUND YOU.

Is breastfeeding on a busy schedule worth it? Yes! Moms like you who have made it work will tell you how close they felt to their babies, even if they could not always be there with them. They will also tell you about the loving support they received from family and friends.

Breastfeeding can work around your schedule.

You will be proud and your baby will grow up healthy and strong.

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