

Hecel Oyate Kin Nipi Kte



"So that the People May Live"

# The ABC's of Breastfeeding



**AWARENESS.** Watch for your baby's signs of hunger and breastfeed whenever your baby is hungry. Don't wait for your baby to cry. That's a sign they are too hungry.

**BE PATIENT.** Breastfeed as long as your baby wants to nurse each time. Don't hurry your infant through feedings. Infants typically breastfeed for 10 to 20 minutes on each breast.

**COMFORT.** Relax while breastfeeding, and your milk is more likely to flow. Make yourself comfortable with pillows as needed to support your arms, head and neck.

## QUICK TIPS FOR BREASTFEEDING:

- Focus on the feet. Babies seem to nurse better when their feet are touching something like your leg, the arm of a chair, or a pillow tucked next to you. It makes them feel more secure.
- Lie on your side. This lets you rest your shoulders and lower back if you tend to hunch over, and it's good for moms who've had a C-section.
- Stay hydrated to ensure your body can make enough milk. A good idea is to sip from a glass of water while nursing.

Only 60% of new mothers will start breastfeeding their infants sometime after birth, only 20% of them are still doing so by 4 months of age.

Great Plains Good Health and Wellness Program  
1770 Rand Road | Rapid City, SD 57702 • (P) 605.721.1922 | (F) 605.721.1932 | [gptchb.org](http://gptchb.org)