

Breastfeeding Tips

- ♥ Begin breastfeeding as soon after delivery as possible.
- ♥ Nurse your baby at least ten times in each 24 hours, starting on the first day of life.
- ♥ Keep your baby where you can watch for feeding cues: hand/finger sucking, putting his/her fists to cheeks, “open mouth searching.”
- ♥ Try different positions to find the ones that work best for you & your baby.
- ♥ Ask a nurse to watch a few feedings to check for proper positioning. This will help to prevent sore nipples and help your body make more milk.
- ♥ If you are unable to breastfeed your baby right away, be sure to pump your breasts often. This will help your body make lots of milk.
- ♥ Listen carefully for your baby to make swallowing sounds while you nurse.
- ♥ Nighttime feedings are an important part of breastfeeding. Nursing often, not letting too much time pass between feedings, will send the message to your breasts to make more milk.



Information provided by:
Family Ties Network, Inc.
315-424-0009
1-888-295-8662 (toll free)

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Breastfeeding Information & Support

Cayuga County:

- Best Beginnings 515-8496
- WIC Program 253-1406 or 253-1474
- Community Health Services 253-1560
MOMS Program
- Auburn Memorial Hospital 255-7381

Madison County:

- WIC Program 363-3210
- County Health Department 363-5490
PCAP Program
- Community Memorial Hospital 824-6132
OB/Maternity & Weigh Station
- Oneida Healthcare Center 361-2065
Maternity & Weigh Station or 363-5297

Onondaga County:

- WIC Program 435-3304
- Community General Hospital 492-5575
Nursery
- Crouse Hospital 470-7179
- Pregnancy Care/Healthy Start 435-2000
- St. Joseph's Hospital 448-5323
- Upstate Medical University 464-2169
Women's Health Services
- Syracuse Community Health Ctr. 476-7921
ext. 372

Oswego County:

- WIC Program 343-1311
- PCAP Program 349-5800
- Oswego Hospital - Maternity 349-5572

Available in All Counties:

La Leche League
1-800-525-3243
Helpline 299-2702



Web Resources:

<http://breastfeeding.com>
www.la lecheleague.org
www.breastfeedingpartners.org

For a free packet of breastfeeding information and resources call:



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