

Before giving baby formula, a bottle, or a pacifier please read!

Mom, you have everything I need. Please let me learn to breastfeed before giving me a bottle or pacifier.

Introducing formula can make breastfeeding harder:

- When baby feeds at the breast mom's body knows to make more milk.
- If baby is full from formula & misses a breastfeed, mom's body will slow milk production.

Additional concerns:

- Formula is harder for baby to digest.
- Formula increases the risk of colic and allergies.
- Formula does not provide baby with natural immunities and may increase baby's risk for getting sick.
- Formula fed infants have an increased risk for jaundice and poor weight gain.

Giving baby a bottle too soon can cause breastfeeding problems:

Bottles have long nipples that flow faster than mom's nipple. Some babies will refuse to nurse once they have been introduced to a bottle nipple.

Giving baby a pacifier before breastfeeding is well established can cause breastfeeding problems:

- Pacifiers may reduce the number of feedings at the breast, which can decrease mom's milk supply.
- Pacifiers may mask feeding cues and signs of hunger.
- Introducing a pacifier before breastfeeding is well established can lead to painful latch on the breast and nipple soreness for mom.

THE AMERICAN ACADEMY OF PEDIATRICS RECOMMENDS AVOIDING PACIFIERS FOR THE FIRST FOUR WEEKS OF LIFE UNTIL BREASTFEEDING IS WELL ESTABLISHED

Ways to Soothe Baby:

- Resting and spending time skin to skin.
- Allow baby to suck on your clean finger.
- Talk, sing, read, walk, and/or rock baby to calm them.
- Play soft music or provide soft background noise.
- Gentle massage can help.

Things to check:

- Is baby hungry? Observe feeding cues.
- Does baby have a wet or dirty diaper?
- Is baby overstimulated?
- Is baby hurting or sick?

It is not unusual for newborns to cry 1-3 hours every day for the first few months of life.

To promote breastfeeding success, avoid giving healthy, nursing newborns unnecessary formula, bottles, or a pacifier until about 4 weeks of age, after breastfeeding is going well.

