



Breastfeeding Your Newborn

- ♥ Breastfeed your baby as soon as possible after delivery
- ♥ Breastfeed every 1½ hours to 3 hours (8 to 12 times in 24 hours). Wake a sleepy baby to nurse
- ♥ Feed only breast milk for the first 4-6 months. Sugar water, formula, juice, pacifiers, or other foods are not needed and can interfere with your breastfeeding success.
- ♥ Wait until your baby is 3-4 weeks of age before offering a bottle. Put only breast milk in the bottle.
- ♥ Baby should gain 1 oz/day in first months of life-weigh baby regularly.
- ♥ Don't hesitate to call your doctor, hospital nursery, or WIC clinic with your breastfeeding questions.



Jefferson County Department of Health & Environment
260 S. Kipling St.
Lakewood, CO 80226
303.232.6301