

# Feeding Your Newborn: HOW YOUR FAMILY CAN HELP

## OLDER SIBLINGS CAN HELP YOU (DEPENDING ON THEIR AGE) BY:

- >> Bringing you some water to drink or a snack while you breast or chestfeed
- >> Bringing the baby a blanket
- >> Reading aloud or singing to you or the baby
- >> Coloring, reading, or working in a workbook by themselves, giving you and the baby some quiet time
- >> Story-telling and sharing their day
- >> Choosing a few favorite toys or games to play with only during feeding time to keep themselves busy



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## ADULTS CAN HELP DURING AND AFTER FEEDING TIME BY:

- >> Taking phone calls and managing visitors – and limiting them if necessary
- >> Doing extra household chores like cooking, cleaning, and laundry
- >> Caring for older children while you breast or chestfeed
- >> Bringing anything you need during a feeding session like water, a snack, your phone, or a book
- >> Burping the baby for you
- >> Changing the baby's diaper
- >> Taking care of the baby while you pump after feeding (if needed)
- >> Watching the baby while you shower or do other tasks



## Take This Lesson to Learn:

- How to help your baby have a great latch.
- How pace bottle feed. (video)
- Tips to establish a good milk supply.

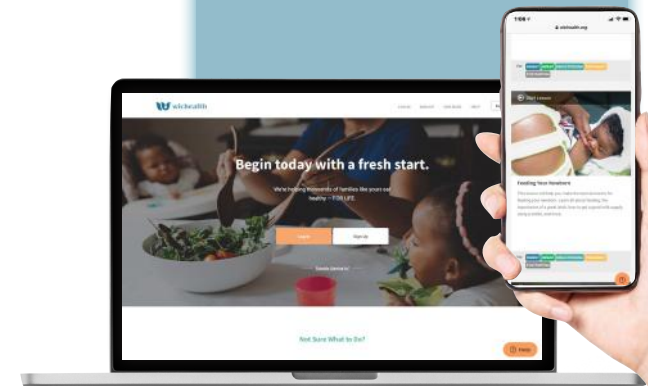
## To Get Started:

- Visit [wichealth.org](http://wichealth.org)
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Choose **Begin**
- Choose the category:  
**Pregnancy and Baby's First 6 Months**
- Choose the lesson:  
**Feeding Your Newborn**

## ASKING FOR HELP IS A GOOD THING

You should expect to be exhausted in your first days and weeks after your baby is born. Because of this, it is important to ask for as much help as possible so that you can take care of yourself. The more you are able to take care of yourself and get the rest you need, the better you can take care of your baby.

Plan to ask your friends and family for help with entertaining visitors, doing household chores, and more so you can focus on taking care of yourself and your new baby.



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