

How You Can Help

My mom will bring her milk here for me to eat. According to the AAP and the CDC, **breastmilk should be given the same care and respect as storing and handling other foods and nutritional supplements** – it can be stored in the fridge or freezer right next to other foods. She works really hard to make sure she provides you with enough for me, please make sure all my caregivers have a chance to read this letter!

Allow me to nurse when my mom drops me off and when she picks me up. It would be great if I could nurse if she had a chance to drop in at some point too, but I know my mom is busy, and I don't know if she'll always have time for that. Legally, we're allowed to nurse in public places, and no can tell us to leave, go to the restroom, or cover up (RCW 49.60.030 and 49.60.215), but it's nice to have a quiet place to nurse, I get distracted and we don't really want to have everyone watch – it's our bonding time too! If we do nurse in public, it's not considered indecent exposure (RCW 43.70, 9A.88.010), I'm just eating!

Treat my mom's milk with care – once you know what to do with it – **it's really easy!** To thaw frozen breastmilk, you can leave it in the fridge, hold it under cool running water and gradually add warmer water, or set the bag or bottle in warm water until the chill is off. You'll notice a layer of fat on top, just give the bottle a gentle swirl – no shaking – and it will mix in quickly! Once mom's milk has been thawed, it needs to be used within 24 hours, but if it's

never been frozen, it will keep a week in the fridge.

Please realize that drinking from a bottle isn't how I usually do things, so if you could help me by making bottle feeding time more like breastfeeding time, mom and I would really be thankful! Hold me in an *upright position*, and *switch which side* I'm on about half way through the feeding, *eye contact and talking* are great too; my mom does that a lot! When you first offer me the bottle, *touch my lip* with the nipple and *wait for me to open my mouth really wide* before you put the nipple in my mouth. If the bottle is dripping when you first offer it to me, I will have a tough time, so make sure to use the *slower flow nipples* my mom sends with me and *keep the bottle pretty flat* (still filling nipple w/milk).

Breastmilk is very different than formula, and because it is made JUST FOR ME, it digests much better, so *how much and how often I eat is different than babies who drink formula.* Sometimes, my mom's milk is bluish, greenish, or even any shade of yellow, orange, or brown – these are all normal! Formula is really hard for a baby's body to digest, so babies don't get hungry as often when they eat formula – *I need to eat every few hours*, I give my caregivers *hunger cues* – I will open my mouth and turn my head to the side, like I'm looking for my mom to nurse, I might bring my fist to my mouth, smack my lips, or nuzzle whoever is holding me. *Those are my first ways of telling you I'm hungry.* If I cry, and I'm hungry, it's a *very late sign that I'm hungry* – I've been

telling you for a while, but now, I'm really hungry! *A lot of times, I cry when I'm not hungry*, and mother nature tells me to suck when you put a nipple in my mouth, so *even if I'm not hungry, it might look like I'm eating.*

Most babies like me, who only eat breastmilk, *eat 1-2 ounces at a time every 2-3 hours for the first few months, and then eat 2-4 ounces at a time every 2-4 hours as we get older.* **Please watch what I'm trying to tell you** – I'll let you know when I'm full by turning away from the bottle, falling asleep, or I'll just stop sucking and swallowing. *Please don't make me finish my bottle if I'm done!*

I'm not saying my diapers smell like roses or anything, but they're really not that bad. Before I turn six months and start eating things other than breastmilk, my poop will look like *seedy mustard* – *and really kind of runny.* It's not diarrhea, it's just that my mom's milk is super-easy for me to digest, there's not much left over! I also tend to need a diaper change more often than babies who eat things other than breastmilk.

If you think I'm really hungry and really needing to eat more than what my mom is leaving for me, please let my mom know ASAP – she needs to change her pumping routine. If you are feeding me when I'm not hungry, this can really stress both of us out and cause problems in the long run, my mom and I have a perfect biological balance for her supply and my demand.

My mom is feeding me exactly how and what I want, and she could really use your help!

What the Experts Have Learned About Breastfeeding

Breastfeeding is the normal way of providing young infants with the nutrients they need for healthy growth and development. Virtually all mothers can breastfeed, provided they have accurate information, and the support of their family, the health care system and society at large.

Exclusive breastfeeding is recommended up to 6 months of age, with continued breastfeeding along with appropriate complementary foods up to two years of age or beyond. (World Health Organization)

The American Academy of Pediatrics has a similar recommendation – exclusive breastfeeding for the first six months, and continue breastfeeding while introducing complementary foods for the rest of the first year, and beyond if mother and child desire.

Breastfed children have a lower incidence of SIDS, are less likely to suffer from infectious illness and their symptoms (diarrhea, ear infections, respiratory infections, meningitis, etc.), have a lower risk of bowel diseases, juvenile diabetes, asthma, and eczema, and suffer less often from childhood cancers. Breastfed children have fewer cavities and are less likely to require braces; they may also have a lower risk of obesity in childhood and adolescence.

My name:

Mom's name:

How much I normally eat:

How often or at what times I normally eat:

How often my mom is bringing milk:

When my mom will come and nurse:

My mom's work number:

My mom's cell number:

My mom's email:

Bottle Feeding

Breastfed Babies:

A letter to child care providers from breastfed babies



From

To

This is a long letter, but it's really important to read the **WHOLE** thing. Thanks!