

Breastfeeding Card #1



True or False:

- Breastfeeding baby lowers their risk of developing diabetes and other chronic conditions later in life.

Breastfeeding Card #1



Answer: True!

- Breastfeeding has long lasting benefits for baby throughout their road in life.
- Breastfed babies have lower rates of diabetes and obesity.
- Breast milk contains important nutrients that help babies to have better vision and a higher IQ.

Breastfeeding Card #2

EARLY CUES - "I'm hungry"



• Stirring



• Mouth opening



• Turning head
• Seeking/rooting

MID CUES - "I'm really hungry"



• Stretching



• Increasing physical movement



• Hand to mouth

LATE CUES - "Calm me, then feed me"



• Crying



• Agitated body movements



• Colour turning red

Question:

- How can you tell if baby is hungry?

Breastfeeding Card #2

EARLY CUES - "I'm hungry"



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• Hand to mouth

LATE CUES - "Calm me, then feed me"



• Crying



• Agitated body movements



• Colour turning red

Answer:

- Watch for signs that your baby is ready to eat like:
 - Mouth opening.
 - Rooting.
 - Hand to mouth.
- Crying is a late signal that baby is hungry.
- It is important to let baby decide when he or she is hungry.

Breastfeeding Card #3



True or False:

- Breastfeeding baby will save you time and money.



Breastfeeding Card #3

Answer: True!

- Breastfeeding is free. Using formula may cost thousands of extra dollars.
- Breastfeeding also saves you time. There is no need to mix or warm your breast milk since it is ready when baby is.



Breastfeeding Card #4



Question:

- Does breastfeeding help delay your period?



Breastfeeding Card #4



Answer: Yes!

- Exclusive breastfeeding naturally produces hormones that delay the return of your period.
- Breastfeeding helps to naturally space out pregnancies.
- It is still important to use other forms of protection, like condoms, while breastfeeding. Talk to your health care provider about available options.

Breastfeeding Card #5



Question:

- Why is breast milk the perfect food for baby?



Breastfeeding Card #5



Answer:

- Breast milk has all the nutrition and fluids your baby needs. As your baby grows and changes, so does your breast milk.
- Breast milk is a gift for your baby because it is all he or she will need for the first 6 months.

Breastfeeding Card #6



True or False:

- Baby needs to be fed every few hours because their tummy is very small after birth.

Breastfeeding Card #6



Answer: True!

- When baby is born, their tummy is about the size of a cherry. This means baby needs small, frequent meals.
- Your first milk (colostrum) provides the perfect amount of food for baby right after birth.
- As baby's tummy grows, your milk increases to meet baby's needs.

Breastfeeding Card #7



True or False:

- Placing baby skin-to-skin with you is a good way to connect with baby.

Breastfeeding Card #7



Answer: True!

- Skin-to-skin contact helps you and baby to bond. Bonding is important for nurturing and responding to baby's needs.
- Also, skin-to-skin contact is very relaxing for you and baby.
- All care givers can practice skin-to-skin with baby.

Breastfeeding Card #8



True or False:

- Breastfed babies are less likely to get sick and need a trip to the doctor.

Breastfeeding Card #8



Answer: True!

- Breastfeeding helps baby to develop a strong immune system. This may mean fewer colds, runny noses and ear infections for baby.
- Breastfeeding may also lower baby's risk of developing allergies.

Breastfeeding Card #9



True or False:

- Breastfeeding only benefits your baby.

Breastfeeding Card #9



Answer: False!

- Breastfeeding benefits moms by:
 - Helping to reduce the size of your uterus.
 - Helping you return to your pre-pregnancy weight.
 - Lowering your risk for developing chronic conditions like diabetes, breast cancer, and ovarian cancer.

Breastfeeding Card #10



True or False:

- Breastfed babies poop more often than babies who are formula fed.

Breastfeeding Card #10



Answer: False!

- Babies use breast milk very efficiently. This means they may poop less. Also, their poop has less smell.
- Babies first poop may be black or dark green. After a few days it will look like soft, seedy mustard.
- Many breastfed babies poop around 1-3 times a day.

Breastfeeding Card #11



Question:

- How is breastfeeding good for the environment?

Breastfeeding Card #11



Answer:

- Breastfeeding is the natural way to feed your baby. It is free of trash and plastic waste from formula cans and bottle supplies.
- Women around the world choose to breastfeed.

Breastfeeding Card #12



True or False:

- I need to drink milk to make milk.

Breastfeeding Card #12



Answer: False!

- Milk is an important part of a healthy balanced diet. But, you do not need to drink milk to make breast milk.
- Healthy eating helps moms meet their nutrient and calorie needs for breastfeeding.
 - Use healthy snacks to help meet your extra needs (2-3 extra Food Guide servings/day).
 - Drink water whenever you feel thirsty.
 - Continue to take your prenatal vitamin.

Breastfeeding Card #13



Question:

- Does my breastfed baby need any supplements?

Breastfeeding Card #13



Answer:

- Health Canada recommends that all breastfed and partially breastfed babies receive a 400IU vitamin D supplement daily.
- Vitamin D helps build strong teeth and bones. It may also help build a strong immune system.

Breastfeeding Card #14



Question:

- Why is it a good idea to clean my baby's mouth even before his or her teeth come in?

Breastfeeding Card #14



Answer:

- Cleaning baby's mouth twice a day will help to remove breast milk from the gums. You can use a soft, damp washcloth or a finger mitt.
- Daily cleaning helps baby develop good oral health habits.
- Breastfeeding helps baby's jaw to develop.

Breastfeeding Card #15



Question:

- Am I able to drink alcohol while breastfeeding?

Breastfeeding Card #15



Answer:

- The safest choice is to not drink alcohol while breastfeeding. Alcohol is transferred through breast milk.
- If you choose to drink alcohol:
 - Breastfeed before you drink.
 - Allow enough time for your body to remove the alcohol before breastfeeding again. On average, it takes 2 hours for each drink to be removed.

Breastfeeding Card #16



Question:

- Can I breastfeed if I smoke?



Breastfeeding Card #16



Answer:

- The safest choice is to not smoke while breastfeeding. Nicotine is transferred through breast milk.
- If you choose to smoke:
 - Limit smoking as much as possible.
 - Breastfeed before smoking.
 - Smoke outside to limit baby's exposure to second and third hand smoke.

Breastfeeding Card #17



True or False:

- If I am unable to breastfeed, it is safe to give my baby canned cow's milk.



Breastfeeding Card #17



Answer: False!

- Canned, powdered and fresh cow's milk is not safe for baby. It is low in important nutrients and is hard for baby's gut to break down.
- Goat's and other animal milks are also not safe for baby.
- Safe breastmilk substitutes are:
 - Expressed breastmilk from mom.
 - Pasteurized human milk.
 - Iron-fortified baby formula.