

**In an
Emergency,
The
Cleanest,
Safest
Food
you can give
your baby
Is
Your Milk**

**Q. What if I don't have milk any-
more?**

A. Even if she has stopped breastfeed-
ing, a mother can make milk again by
putting her baby to the breast or pump-
ing frequently. She will need to nurse
or pump every 2-3 hours during the
day for a total of at least 6-8 times in
24 hours. At first there may be only
drops of milk. As her supply increases,
she can cut back on the formula, or do-
nated human milk she is giving the
baby. Mothers with younger babies
generally begin to make a lot of milk
sooner than mothers with older chil-
dren.

The Minnesota Department of Health thanks the
Harris County Breastfeeding Coalition and its
partners in Texas for granting permission to
reproduce the contents of this brochure and adapt it
for Minnesota.

If you require this document in another format, such as large
print, Braille or cassette tape, call 1-800-657-3942. This
institution is an equal opportunity provider.



WIC Program
TDD: 651.501.5797
FAX: 651.215.8951
WWW.HEALTH.STATE.MN.US



Picture © TX Dept of State Health Services

**Infant
Feeding in
Emergencies**

Frequently Asked Questions about Breastfeeding:

Q. What about stress? With all this stress, won't my milk go away?

A: Not if you keep nursing. Babies' lives are saved every day by mothers who breastfeed them in spite of war and natural disasters.

Q. What about water? Does my baby need water?

A. Breast milk is 87% water. And it is pure water. If your baby is getting enough milk, then your baby is getting enough water.

Q. Without formula, how can I tell if my baby is getting enough milk?

A. If your baby has 6 wet diapers a day and regular bowel movements, that is a sign he is getting enough. To be sure, ask your doctor or WIC staff to weigh your baby.

Q. What about work? How can I breastfeed when I need to find a job?

A. Many women continue to breastfeed when they return to work. For information on breastpumps and other ways you can return to work and continue to provide the benefits of breastfeeding for you and your baby call the information numbers on this pamphlet.

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Babies were born to be Breastfed

Breastfeeding can save lives now:

Breast milk helps babies fight diseases like:

- *Diarrhea,*
- *Ear infections,*
- *Pneumonia*
- *Cholera*
- *Food poisoning*

And make the future brighter:

Mothers who breastfeed are less likely to have diabetes, breast cancer and ovarian cancer later in life.

Babies who are breastfed are less likely to develop rheumatoid arthritis, become obese or develop wheezing when they get older.

**If you have questions
or
need assistance**

**Ask for breastfeeding help
and a volunteer will be
found to assist you.**

**Local WIC breastfeeding support phone
numbers : 1-877-214-BABY (2229).**

Minnesota WIC Program

- * To find a WIC program in your community:
<http://www.health.state.mn.us/divs/fh/wic/>
- * Breastfeeding information: <http://www.health.state.mn.us/divs/fh/wic/bf/index.html>

La Leche League (LLL) of Minnesota/Dakotas
To ask a question or find a LLL group in your
area: 612-922-4996

National Women's Health Information Center
Breastfeeding information line;
(English & Spanish) 1-800-944-9662
Breastfeeding information:
<http://www.womenshealth.gov/breastfeeding>