Breast milk is packed with disease-fighting substances that protect your baby from illnesses and contains all the vitamins and nutrients your baby needs.

**Below are a few tips to help you get started:**

- You do have enough milk! Your newborn’s stomach is the size of a cherry and will only hold 1/6 to 1/4 of a teaspoon or less per feeding.

- Your breast milk may look yellow and be thicker the first few days. This is colostrum and is the best milk for your newborn. As your baby’s stomach develops and is able to hold more milk, your breast milk will also increase and change to be a thin white color.

- Cuddle! Skin-to-skin contact comforts your baby and stimulates an increase in your milk supply. This is a great way for your partner to bond with baby too.

- Watch those early hunger cues and not the clock. Babies communicate that they are hungry by moving their mouth, arms and legs and sucking on their hand.

- Babies cry for a lot of reasons. Don’t worry, you will figure out what they need. Be as kind and patient to yourself as you are with your baby.

- Keep practicing. Breastfeed about 8 to 12 times a day to ensure your baby gets enough milk.

For support & local resources: call *(408) 885-5950* or visit [www.sccphd.org](http://www.sccphd.org)