

## Exclusive Breastfeeding

To get all the benefits of breastfeeding, your baby needs to only get breast milk. No formula is necessary and could prevent breast milk from doing its job!

If you need to leave your baby, you can pump your breast milk, store it correctly and have someone else feed your baby.

But try to wait until your baby is at least 3 weeks old before using a bottle of expressed breast milk.

Ask for other breastfeeding fact sheets published by Cooperative Extension. Call 702-257-5547.

**Breastfeeding - Tips for Success**

**Breastfeeding - Mom's Special Gift**

**Breastfeeding - Healthy Eating for Mom**

**Breastfeeding - Safe Handling of  
Expressed Breast Milk**

**Breastfeeding - Is Baby Getting Enough?**

**Breastfeeding - Mastering the First Week**



Call the Breastfeeding Support Hotline at the University of Nevada Cooperative Extension 702-257-5583 for more information.

Mom's Special Gift is partially funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-992-0900. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call 800-795-3272 (voice) or 202-720-6382 (TTY). USDA is an equal opportunity provider and employer.

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# For Moms:

## **HOW TO GET SUPPORT FOR YOUR BREASTFEEDING DECISION**

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**MOM'S SPECIAL  
GIFT**

## If anyone says to you...

## Try saying...

<p><i>Your baby needs a bottle of formula.</i></p>	<p>I wish to exclusively breastfeed my baby for the first four to six months. Please provide me with true medical evidence that I shouldn't. I do not wish to give my baby infant formula.</p>
<p><i>You need your rest.</i></p>	<p>My baby and I need to learn to breastfeed. That is our first job.</p>
<p><i>Your baby seems fussy.</i></p>	<p>If my baby is fussy, let me nurse him. If he doesn't want to nurse, we need to find out what else is making him fussy.</p>
<p><i>One bottle of formula won't hurt and could help.</i></p>	<p>Science shows that even one bottle of formula will increase my baby's risk for ear, tummy or lung infections.</p>
<p><i>Infant formula is the same as breast milk.</i></p>	<p>I disagree and so does the science. Breast milk contains over 200 active substances that are not found in formula.</p>
<p><i>Are you certain that you have enough milk?</i></p>	<p>If my baby nurses 8 to 12 times in 24 hours during the first few weeks, I will make a good milk supply. My first milk is colostrum and there is only a little bit. But my baby's tummy is the size of a small marble. In a few days, my milk supply will increase and so will the size of my baby's tummy.</p>
<p><i>Just put the baby to the breast and nurse.</i></p>	<p>It sounds easy, but I will probably need some help. Do you have a list of lactation educators I could call?</p>
<p><i>If a <b>health professional</b> says any of the above to you...</i></p>	<p><b>FIRMLY STATE:</b> I have made an informed choice. I want you to support my choice. I do not give you my consent to give my baby anything else but breast milk unless you can show me a true medical reason.</p>

