The First 1,000 Days program aims to improve the health of families from the beginning.

From pregnancy through age 2, the First 1,000 Days is part of your care at the health center. Along with your health care providers, we offer support and can connect you with resources in your health center and community that support healthy living throughout pregnancy and early childhood.

You will get a call from the First 1,000 Days program to talk about what could be most helpful to you and your family.
Caring for Your Baby
0-1 Month

1. Aim to give your baby only breast milk for the first 6 months.

2. If you are formula feeding, always follow the directions and only mix the amount it says on the can.

3. Learn your baby’s signs of hunger and fullness. Only feed when you see signs of hunger, and stop feeding when your baby shows signs of being full.

4. Learn ways to soothe your baby without feeding.

5. Newborns need about 16-17 hours of sleep a day. This is important time for brain development and healthy growth.
Aim to give your baby only breast milk for the first 6 months.

How long should I breastfeed?
- It is best to give your baby only breast milk for the first 6 months, and to give some breast milk until at least 12 months.

Why is breastfeeding best for moms?
- It’s free!
- Breastfeeding can keep YOU healthy and help you lose pregnancy weight faster.

Should I breastfeed if I have a cold?
- Yes! Breastfeeding helps protect your baby from getting sick. If you take medicine, check with your doctor to make sure it is safe for breastfeeding.

Why is breastfeeding best for babies?
- Breast milk is the perfect food for babies. It has most of the nutrients babies need for healthy growth.
- It helps protect babies from getting sick.
- Breastfeeding can help your baby grow best in the first few years.
- It gives babies a taste of many flavors. This can help them like more foods as they grow, so be sure to eat lots of fruits & vegetables!
- It can even help your baby’s brain development!
Is breast milk enough for my baby, or should I give formula too?

- Healthy breastfed babies do not need formula.
- If you are worried that your baby is not getting enough milk, ask your doctor. Your doctor weighs your baby at every visit and will let you know if there is concern that she is not getting enough milk. If your doctor has said that your baby is gaining weight well, your breast milk is enough.
- Signs that your baby is getting enough breast milk:
  * 6 or more wet diapers in a day
  * 3 or more dirty diapers in a day

If you continue to worry that you are not making enough milk:

- Make sure your baby is latching well. Ask for help if you are unsure.
- Let your baby decide when and for how long to feed.
- Let your baby fully nurse on one breast before switching to the other.
- Keep giving only breast milk. If you give your baby formula, your baby will need less breast milk and your body will then make less of it.
- Hold your baby in different positions at each feed to use all milk ducts.

Do you know...

The more you breastfeed, the more milk you will make?
If breastfeeding hurts...

Sore Nipples
If you continue to have nipple pain, something is not right.

- Try holding your baby in different positions at each feed. Then your baby’s mouth won’t always press in the same place.
- Do not use soap on your nipples. It can dry them out. Rub a few drops of breast milk on your nipples instead of lotion.

Plugged Duct
If you do not fully empty your breasts, a milk duct can get blocked.

- A heating pad, hot shower, rest, and massaging the breast can help get milk to flow again.
- Hold your baby in different positions at each feed to use all milk ducts.

Breast Infection (Mastitis)
If you have a fever, pain in your breast, and your breast is hot, red, or swollen, you may have an infection and should call your doctor.

Yeast Infection (Thrush)
Thrush is a yeast infection that can spread between your nipples and your baby’s mouth.

- You nipples may hurt and be red, flaky, or itchy. There may be shooting pains in the breast during or after nursing.
- Your baby may have white patches on the tongue and inside the cheeks. Your baby may also have a diaper rash.

Call your doctor if you have a fever, pain in your breast, and your breast is red, hot, or swollen.
If you need breastfeeding help of any kind, please ask for it:

<table>
<thead>
<tr>
<th>Organization</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>WIC at MGH Chelsea &amp; Revere</td>
<td>(617) 887-4340</td>
</tr>
<tr>
<td>• In-person help available</td>
<td></td>
</tr>
<tr>
<td>Mother Infant Lactation Club (MILC) at MGH Revere</td>
<td>(781) 485-6052</td>
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<tr>
<td>• Weekly group meeting</td>
<td></td>
</tr>
<tr>
<td>La Leche League</td>
<td>(800) LA LECHE</td>
</tr>
<tr>
<td>• Online information</td>
<td></td>
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<tr>
<td>ZipMilk</td>
<td>ZipMilk.org</td>
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<tr>
<td>• Search by town to find support groups &amp; counselors for free help</td>
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<tr>
<td>Boston Nursing Mother’s Council</td>
<td>bace-nmc.org/</td>
</tr>
<tr>
<td>• Free phone and text support</td>
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</table>
If you are formula feeding...

Your baby needs your help to eat well and be healthy.

- If you are not breastfeeding, iron-fortified formula is the next best choice for your baby for the first 6 months of life.

- Always follow instructions when mixing formula. If other people mix formula for your baby, be sure they know it is very important to mix only the amount it says on the can.

- Use small bottles. Babies who drink from bigger bottles are more likely to take in more than their body needs.

- Formula that has been mixed should be put in the refrigerator if your baby is not going to have it right away. After 1 hour at room temperature, throw it away. Also throw away formula your baby does not finish. Do not save it for another feeding.

- Breast milk and formula can go in bottles, but nothing else. Never put cereal or sweetened drinks in a bottle.

- Hold your baby during feedings. Never prop a bottle up. Babies can choke or get ear infections from propped bottles.
How much should my baby eat?

- Do not overfeed your baby!
  Newborns take in about 1-3 ounces (30-90 ml) of formula at each feeding. At birth, their stomachs are about the size of a marble.

- Most newborns need to feed 8 to 12 times a day, or about every 2-3 hours. As they get older, they will take in more milk at each feeding, and in less time.

- Your baby may eat more some days and less on other days. Feed when you see signs of hunger, not by the time on the clock.

- At 2-3 weeks old and again at 6 weeks old, your baby may have a growth spurt and want to feed more.

- Your baby does not need to finish the formula in the bottle. Letting her stop helps her learn to eat when she is hungry and stop eating when she is full.
Feeding Tips for All Babies

- Feed your baby when you see signs of hunger.
- Stop feeding when you see signs of being full. Do not make your baby keep nursing or finish a bottle if he is full.
- If bottle feeding, always hold the bottle, never prop it.
- Your baby should never sleep with a bottle. It is not good for growing teeth, or for teaching baby to eat only when hungry.
- Only put breast milk or formula in bottles. Do not put cereal in your baby’s bottle. It is not good for your baby and will not help her sleep at night.
- No juice or other sugary drinks for babies before 12 months. Best to wait even longer.
- Make feeding times quiet and pleasant. Keep TV and all other screens off.
- During a growth spurt, your baby may want to feed more. Many babies have growth spurts at 2-3 weeks old and at 6 weeks old.

Storing Breast Milk and Formula

<table>
<thead>
<tr>
<th></th>
<th>At room temperature</th>
<th>In the refrigerator</th>
<th>In the freezer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh breast milk</td>
<td>Can be at room temp for 6-10 hours</td>
<td>Can be stored in refrigerator 5-7 days</td>
<td>Can be stored in freezer for 3-4 months</td>
</tr>
<tr>
<td>Thawed breast milk (milk that had been frozen)</td>
<td>Can be at room temperature for 1 hour</td>
<td>Can be stored in refrigerator 24 hours</td>
<td>Do not re-freeze milk that was frozen before</td>
</tr>
<tr>
<td>Mixed formula</td>
<td>Can be at room temp for 1 hour</td>
<td>Can be stored in refrigerator 24 hours</td>
<td>Do not freeze formula</td>
</tr>
</tbody>
</table>
Hunger and Fullness

Even newborn babies know when they are hungry or full. With practice, you can learn to tell when your baby is hungry and full by how your baby acts.

- Babies are born able to control their appetite. Feeding when they are not hungry can change that and make them more likely to eat too much as they get older.

- Look for ways to calm or soothe without feeding when you do not see signs of hunger. **Turn the page for ideas!**

**Signs of a Hungry Baby...**

- Makes sucking or lip smacking noises
- Sucks hands or puts hands near mouth
- Breathes quickly
- Moves head to look for nipple (rooting)

**Signs of a Full Baby...**

- Slows or stops sucking
- Pushes away from the breast or bottle
- Stretches or relaxes fingers, arms, legs
- Closes lips
- Turns away
Soothing Your Baby

Crying does not always mean your baby is hungry.
If there are no signs of hunger, try to first calm and comfort your baby without feeding. This can help you avoid feeding your baby more than she needs. It can also keep your baby from expecting to eat every time she cries.

Other reasons babies cry and fuss:
• Is he sleepy? Your baby may be sleepy if he is:
  * Yawning
  * Fussing
  * Rubbing eyes
  * Looking away
• Does he need a clean diaper?
• Is he uncomfortable?
• Does he want to be played with?

Other things to try when your baby is fussing?
• Rocking
• Swinging
• Swaddling
• Bouncing
• Singing
• Repeating a word or sound, like shh, shh, shh
• Noise like a vacuum, fan, or hair dryer

What about pacifiers?
• Once your baby is feeding well, you can offer a pacifier.
• Pacifiers can help calm your baby and take care of the need to suck.

Your baby needs a lot of cuddle time.
It is never wrong to hold your baby.
Your Baby’s Sleep

Sleep is really important!
Sleep is a time for brain development and healthy growth.

How much sleep do newborn babies need?
• Newborns need about 16-17 hours of sleep a day. About 8 or 9 hours are during the day and the rest are at night.
• Most newborns wake up often throughout the night. They are still learning to sleep for longer periods of time.
• Once babies are growing well, they need to feed less often overnight. Ask your doctor if your baby is growing well and can go for longer times at night without feeding.
• Newborns are just starting to develop sleep patterns, so their schedules can be different every day. Sleeping is a skill that takes time to learn!
• By 1 month, babies sleep about 14 hours a day, with a little more sleep at night and a little less during the day. Many babies still take 4 or more naps during the day.

If you have concerns about your baby’s sleep, ask your baby’s doctor about it.
Understanding Growth

At every visit to the doctor, your baby’s growth will be measured. The doctor, nurse, or medical assistant will:

- Weigh your baby
- Measure your baby’s length
- Measure the size of your baby’s head.

Doctors use growth charts to see how a baby is growing. A growth chart looks like this. It shows how your baby’s height and weight changes with time. Every time your baby is at the doctor, a point will be marked on the chart to show how long he is and how much he weighs.

As your baby gets older, his weight and length will increase. The doctor or nurse will look at how your baby is growing by where his growth points are on the chart over time:

- Is your baby growing quickly?
- Slowly and evenly?
- Not gaining enough?

If you are worried about your baby’s size, ask the doctor or nurse about it.
What do the red points on the chart mean?

- The red points mark the length and weight of a baby at different ages.
- The line that the point is on shows how the baby’s size compares to other babies the same age and sex.
- As an example, a point on the line marked 50th means that half of all babies (50 out of 100) weigh more than this baby, and half of all babies weigh less. This means that the baby’s weight is at the 50th percentile.
- A point above the 90th line means that out of 100 babies, this baby’s weight would be higher than 90 other babies of the same age and sex. The baby’s weight is above the 90th percentile.
- Babies come in all sizes, but it is generally healthy to have steady growth along an even curve.
Your Baby’s Growth

Today’s Date: ___________

- Weight ___________ pounds
- Length ___________ inches

Feeding, soothing, and sleep goals:

_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

Check out our short videos to learn more about caring for your baby.

Vidscrip.com/First1000Days