

# Breastfeeding Tips for Home

Before children can get their five fruits and veggies and hour of physical activity every day, the best way to promote healthy development is with mother's milk. Here are some tips for breastfeeding at home to consider:

## GET COMFORTABLE

Make sure to create a comfortable space in your home so both you and your baby can enjoy this time together. Soft lighting, reading material, a nice blanket and a comfortable, supportive chair are all good ideas!

## PRACTICE MAKES PERFECT

Breastfeeding can be challenging at first. Remember that you are not alone! Many mothers struggle with latching and discomfort when they first begin. There are many resources available to help you, from positioning guides and instruction videos to warm compresses and soothing creams.<sup>1</sup> Check out these links: [www.la lecheleague.org](http://www.la lecheleague.org), [www.cdc.gov/breastfeeding](http://www.cdc.gov/breastfeeding), and [www.womenshealth.gov/breastfeeding](http://www.womenshealth.gov/breastfeeding).

## EAT A WELL-BALANCED DIET FOR YOUR BABY

What you eat affects the taste and composition of your breast milk. Stay hydrated and avoid alcohol, coffee and spicy foods. In addition, eat plenty of leafy greens, lean proteins and whole grains.<sup>2</sup>

## HEAT UP MILK THE RIGHT WAY

Frozen milk should be thawed in the refrigerator or by placing the bottle under warm running water — avoid using a microwave. Not only does a microwave heat the milk unevenly, it also kills off healthy bacteria and probiotics that naturally occur in the milk.<sup>3</sup>

## BREAST MILK: A RAINBOW OF COLORS

Based on the mother's diet, breast milk can be yellow, green, blue and even brown. Different colors are okay! Breast milk can also separate, but this doesn't mean that it should be thrown away. Simply shake the milk and it will return to its normal consistency.<sup>4</sup>

### Sources

1. "Breastfeeding." *Office on Women's Health*. 21 July 2014, [www.womenshealth.gov](http://www.womenshealth.gov).
2. "Things to Avoid When Breastfeeding." *Healthy Children*. 21 Nov. 2015, [www.healthychildren.org](http://www.healthychildren.org).
3. "Common Concerns When Storing Human Milk." *La Leche League*. 20 Jan. 2008, [www.la lecheleague.org](http://www.la lecheleague.org).
4. "Yes, Your Breast Milk Will Be Different Colors. It's Ok!" *The Milk Bank*. [www.themilkbank.org](http://www.themilkbank.org).

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