

# Feeding Your Baby

Oklahoma Cooperative Extension Service • Oklahoma State University



Commercial formula may be used as an occasional substitute. DO NOT offer your baby sweetened drinks, iced tea, pop, sugar water or sweetened milk.



## Supplementing Breastfeeding

DO NOT give any bottles for the first 2-3 weeks so that you AND your baby can get used to breastfeeding.

Express milk by hand or pump and store in a plastic bottle in the refrigerator or freezer. use refrigerated breast milk within 2 days, and frozen breast milk within 1-2 months.

- Use oldest milk first.
- To thaw frozen breast milk, shake the bottle gently under warm running water.
- DO NOT boil or microwave frozen breast milk.

If you plan to go to work, or back to school, there are choices you can make to continue to breastfeed your baby:

1. Find a daycare center or sitter close to where you work or go to school. Go there to nurse, or have the baby brought to you.
2. Nurse before and after work or school. Have expressed milk ready to give to the sitter for use while you are away from your baby.
3. Nurse before and after school or work. Have the sitter give your baby formula while you are away. You may have to express your breasts during the day for comfort.

Vitamin and mineral supplements may be recommended. Check with your baby's doctor about vitamin and mineral supplements, especially iron and fluoride.

Breastfeeding mothers should continue to take prenatal vitamins.

**Suggested Readings:**

Editors of "Baby Talk" Magazine, The American College of Obstetricians and Gynecologists and Literacy Volunteers of America, Inc. (1994). Breast-feeding your baby. *Baby on the way basics*, 14-16 and 40-41.

Lambert-Lagace, L. (1991). *Feeding your baby: from conception to age two*. Emeryville, CA: Surrey Books.

**Reference List:**

Breastfeeding Task Force of Oklahoma. *Breastfeeding: Getting Started Together: Part Two*.



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***For more information, contact your OSU  
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*This material is based upon work supported by the  
Extension Service, U.S. Department of Agriculture,  
under special project number 93-ENED-1-7513.*

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