

THE FLOURISH PROJECT'S BREASTFEEDING 101

A QUICK GUIDE FOR NEW MOMS



BREASTFEEDING IS A JOURNEY

Breastfeeding provides important nutrition and immune protection that supports your baby's growth and development. It also offers health benefits for parents and creates a special opportunity for bonding. Strive for 6 months but be gracious with yourself.

IS BABY GETTING ENOUGH MILK?

Most babies are getting enough milk if they:

-  Have regular wet and dirty diapers
-  Feed at least 8 times in 24 hours
-  Appear satisfied after most feedings
-  Gain weight as expected

If you have concerns, contact your healthcare provider or lactation specialist.

WATCH FOR HUNGER CUES

Try to feed before crying. Your baby may...

-  Bring their hands to their mouth
-  Turn their head looking for the breast
-  Open their mouth
-  Smack or lick their lips

Breastfeeding is a personal choice, and every parent should feel empowered to make the feeding decision that best supports their own needs, circumstances, and the well-being of their family.

BENEFITS FOR BABY

- Provides complete nutrition during the first months of life
- Contains antibodies that help protect against illness and infection
- Supports healthy brain development
- May reduce the risk of allergies, asthma, ear infections, and sudden infant death syndrome (SIDS)
- Promotes healthy growth and development

BENEFITS FOR MOM

- Supports recovery after childbirth
- May reduce the risk of certain cancers, heart disease, and diabetes
- Can help strengthen the parent-baby bond
- Convenient and always available at the right temperature
- May reduce feeding-related expenses

NEED HELP? CONTACT US!

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