

the
Chickasaw
Nation

The Chickasaw Nation Medical Center

Women's CLINIC

ISHKI' INCHOKMISHTO'
(HEALTHY MOTHERS)

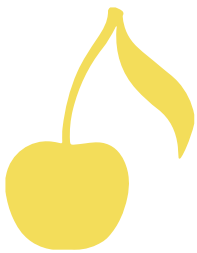
THE IMPORTANCE OF BREASTFEEDING



Understanding how much to feed your baby is important.

Your baby's stomach grows as they grow:

BABY'S STOMACH SIZE



DAY 1

(CHERRY)

5-7 ML

1-1.4 TEASPOONS

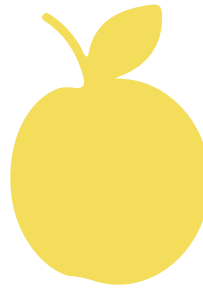


DAY 3

(WALNUT)

22-27 ML

0.75-1 OUNCE

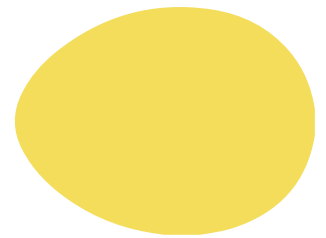


DAY 7

(APRICOT)

45-60 ML

1.5-2 OUNCES



DAY 30

(LARGE EGG)

80-150 ML

2.5-5 OUNCES

There is nothing better than time spent nourishing your baby.

SIGNS OF HUNGER AND FEEDING ON CUE

Feeding your baby “on cue” simply means not using a clock to tell you when your baby is ready to eat, following signs from your baby instead. Using this method, you feed your baby whenever they show signs of hunger.

Feeding on cue:

- Helps promote and maintain a good milk supply (breastfeeding is supply and demand, what baby takes your body will make)
- Helps the baby be settled and content
- Allows baby to regulate feedings therefore getting just the right amount to eat
- Prevents breastfeeding complications in mother and baby, such as inflammation and cessation of breastfeeding

Babies communicate through cues. **Those cues may look like the following:**

HUNGRY



Stirring



Mouth Opening



Turning Head Seeking/Rooting

REALLY HUNGRY



Stretching



More Movement



Hand to Mouth

REALLY SUPER HUNGRY



Crying



Lots of Movement



Turning Red