

But I've got other kids!



If you have other kids at home, you may wonder if you can nurse a baby too. Here are some answers to common concerns.

"But I don't have time!"

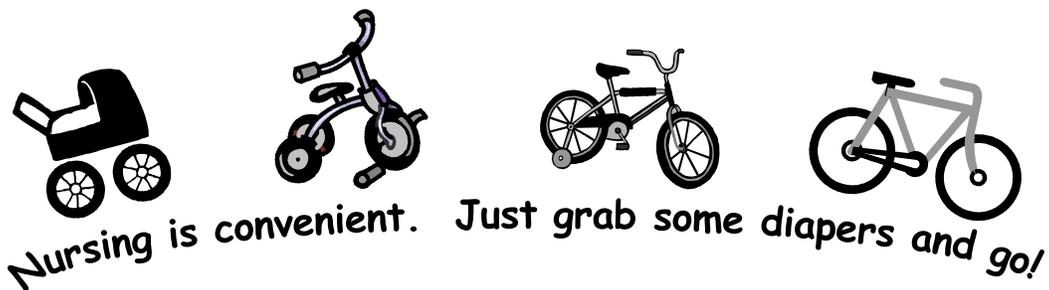
No matter how you feed the baby, you will need help. Arrange for help ahead of time. There are many ways loved ones can help such as bathing or rocking the baby and changing diapers. And don't forget to ask for help with grocery shopping, cooking, cleaning, laundry and taking care of the other children! If others want to feed the baby, let them know that you need to feed the baby so you can build up a good milk supply.

Are you hesitant to ask for help because you don't want to put others out? Maybe they will feel left out if you don't! Tell them what you need.

But what about sibling rivalry?

Bringing a new baby home will be an adjustment for everyone. Ask others to spend time with your other children to give you time to recover. Once you and baby get comfortable with nursing, you have an advantage – nursing with one hand! The other one is free to hug your kids, read to them or hand them something while you are feeding the baby.

By nursing, you also give your other kids an important life experience. When they see their little brother or sister nursing, they learn that it is the natural and normal way to feed babies. If you are worried that nursing might prompt them to ask questions about the differences between boys and girls and about the "birds and the bees" who is better able to answer these questions than you?



Breastfeeding Awareness and Support Program
Healthy Baby Line
1-800-986-BABY



Pennsylvania WIC Program
1-800-WIC-WINS

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