Before and after birth, many mothers are curious about breastfeeding. Here are answers to some common questions.

**QUESTION:** What are the health benefits of breastfeeding?

**ANSWER:** Breastfeeding provides increased health benefits for babies and their mothers. The health benefits of breast milk are due to the species-specific live cells, antibodies and hormones that are present in human milk but lacking in formula.

**Full term infants are less likely to develop:**
- Colds, pneumonia & asthma
- Ear infections
- Diarrhea
- Skin conditions like eczema
- Type 1 and 2 diabetes
- Leukemia
- Obesity
- Sudden Infant Death Syndrome (SIDS)

**Mothers are less likely to develop:**
- Breast or ovarian cancer
- Type 2 diabetes
- Postpartum depression

**QUESTION:** How often will I need to breastfeed my baby?

**ANSWER:** The first several weeks, your baby will breastfeed 8-12x every 24 hours. Feed your baby when she is hungry, she will give you signs called hunger cues. Over time, she will breastfeed less often. More information can be found in the Making Milk For Your Baby Q&A.

**QUESTION:** Can I breastfeed if my baby is born preterm?

**ANSWER:** Yes. It depends on how early your baby is born whether your baby will be able to breastfeed right away or not. If your baby is born very early, you may need to use a breast pump to build up and keep a full milk supply until your baby can exclusively breastfeed. More information can be found in the Breastfeeding the Preterm Baby Q&A.
QUESTION: Does the size of my breasts make a difference with the amount of milk I can make?

ANSWER: No. Breast size is determined by the amount of fatty tissue they contain. Your breast size does not affect your ability to make milk. Both small and large breasted women can make enough milk for their baby’s needs.

QUESTION: How will I know how much milk my baby is getting if I breastfeed?

ANSWER: Easy. What goes in must come out! You will know how much your baby is getting by how often he has wet and dirty diapers. Healthy weight gain is also a good sign that your baby is getting what he needs. You don’t need to know exactly how much your baby takes. You only need to know that your baby is thriving. This can simplify life with a newborn.

QUESTION: I am going back to work. Should I even start breastfeeding?

ANSWER: Yes. Some breastfeeding is always better than none. When you go back to work you have many choices:

• Full breastfeeding: Going to your baby or having your baby brought to you to breastfeed
• Pumping and breastfeeding: Giving pumped milk to your baby when you are apart and breastfeeding when you are together
• Pumping, giving formula and breastfeeding
• Formula and breastfeeding

This is general information and does not replace the advice of your healthcare provider. If you have a problem you cannot solve quickly, seek help right away.

Every baby is different, if in doubt, contact your physician or other healthcare provider.