



## Staff Supporting Breastfeeding

### Anticipated Participant Questions and How to Respond...



WIC used to give formula to breastfed babies during the first month. Why don't you do this anymore?

WIC wants to protect breastfeeding. It takes 4 to 6 weeks for your breastmilk supply to be fully established. Introducing formula reduces your milk supply, which isn't good for your baby.

Can I have one can of formula for backup? Can I have formula for when I go to work/school?

Instead of using formula, consider pumping breastmilk as soon as you can and storing it in the freezer. Pumping helps establish a good milk supply, and someone else can feed this stored milk to your baby when you are away. WIC wants to protect breastfeeding, and giving formula in the first 4 to 6 weeks will reduce your milk supply. Would you like to discuss how to pump and store your milk?

What if I don't have enough breastmilk?

It is very rare for a mom to not make enough milk to feed her baby. Why are you concerned? Discuss with her how she can tell she has enough breastmilk, or refer her to a lactation educator.

Doesn't feeding breastmilk and formula give my baby the best of both?

No, nothing can compare to your breastmilk; it is the best for your baby. Your body makes milk that has the right balance of essential nutrients to help your baby grow. In order to successfully breastfeed, it is important to only provide breastmilk in the first 6 weeks. Introducing formula too early results in less breastmilk.

My mother/sister/friend said my baby is not gaining enough weight. Shouldn't I start giving formula?

We can tell if your baby's gaining enough. Let's look on the growth chart and check her weight gain. Your breastmilk is the best food for her and using formula will interfere with your breastmilk. When she is hungry, breastfeed her and your body will make what she needs to grow.