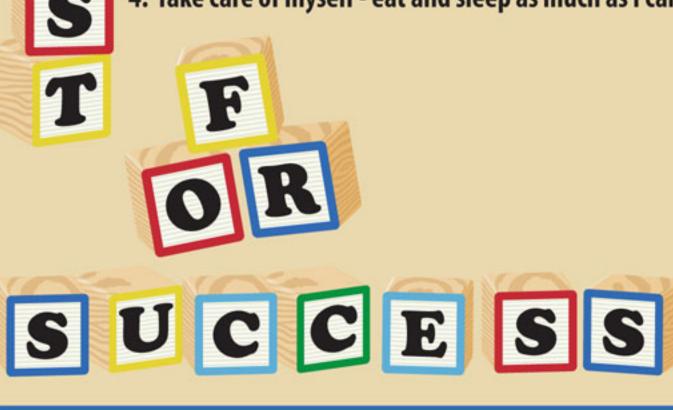
My baby is getting enough milk if:

- My breasts feel full before a feed and soft after
- 2. My baby is alert and wants to feed every 2-3 hours
- I hear my baby swallowing during feeds and see milk in baby's mouth
- Baby has 3 poopy diapers each day by day 3 (5 each day by day 5)
- 5. My baby is satisfied (calm) between feeds

How do I make more milk for my baby?

- 1. Feed more often wake baby after 2 hours
- 2. Make sure baby gets to "finish" (drops off the breast asleep or gets at least 15 minutes of feeding)
- Hand express milk: a few drops to start the baby feeding, and express more after baby is done to increase supply
- 4. Take care of myself eat and sleep as much as I can!



Instructions for Refrigerator Magnets:

WHY: The reasons to create and give a refrigerator magnet with a picture frame are to:

- a- reinforce key messages (e.g. building milk supply, good latch feels good) in a novel way
- b- Take advantage of the number of times the refrigerator is used daily
- c- provide a fun small baby-related gift to the mother (baby picture goes into the frame)

HOW: You choose the message and the graphic. We chose to focus on building milk supply since perceived low milk supply has been repeatedly identified as a reason mothers stop breastfeeding.

- a- Develop your message in bullet points
- b- Develop a colorful graphic (can use ours or any other source)
- c- Go to www.magnets.com site (other vendors are available- this site was used for the project)
- d- Click on "Shape magnets" and then click on "Photo frame magnets"
- e- We used "4x7 Custom Picture frame magnet with business card punch out" click on the link and follow instructions you can upload art or type instructions or both, and can select colors and fonts.