Tips for Breastfeeding in the Summer Heat

- **Nurse as often as baby likes.** Breastmilk is the perfect hydration, and in the hot weather your baby may need to nurse more to keep hydrated! Your milk will adjust to provide plenty of hydration for your baby.
- **Keep yourself hydrated.** Breastfeeding moms should drink to thirst to make plenty of milk, and expect to feel even thirstier in the warm weather! Be sure to have a drink ready whenever you sit down to nurse your baby.
- **Keep an eye on wet diapers.** Reassure yourself that your baby is getting plenty and staying hydrated by counting wet diapers.
- **Protect yourself and baby from the sun.** Keep your baby in the shade and follow your baby's doctor's advice for applying sunscreen. Avoid applying sunscreen too close to your nipple so baby won't get any sunscreen in his mouth.
- **Babies under 6 months should not be given water.** Breastmilk provides all the hydration your baby needs, and giving a baby water can be dangerous. Babies older than 6 months can have a little water with meals, but the main source of hydration and nutrition should still be breastmilk.
Skin-to-Skin Magic

Skin-to-skin contact provides many benefits for both mom and baby. Right after birth, doing skin-to-skin will help regulate your baby’s temperature, heart rate, and breathing. It keeps you and your baby calm, helps your milk to flow and helps you bond with your baby. Skin-to-skin is good for your baby beyond the first hour after birth, so continue doing skin-to-skin contact with your baby at home for as long as he likes. There is no age where skin-to-skin contact stops being beneficial, and it can be an important part of overcoming breastfeeding struggles at any age. Skin-to-skin is like magic for breastfeeding and bonding!

Need Help with Breastfeeding?

WIC Breastfeeding Peers are here to help! WIC Peers have experience breastfeeding their own babies and can help with common breastfeeding questions and concerns. WIC peers offer:

- Virtual Breastfeeding Classes
- Virtual Breastfeeding Support Group
- Breastfeeding Support over phone and Text
- Breastfeeding Support in office

Test your knowledge:
1 How can you tell your baby is hydrated?

2. Name one thing skin-to-skin contact regulates.

This institution is an equal opportunity provider.