

## ALL ABOUT BREASTFEEDING

- Feed baby every 2–3 hours (from start to start) or more frequently if baby desires.
- Start on the breast you used last.
- Early milk (**colostrum**) is thick, clear or yellow, and full of nutrients. It is a perfect and complete food for baby! Colostrum becomes regular milk in 3–5 days.
- Baby's sucking produces more milk.
- Use a cool cloth if breasts are still swollen and full after feeds.
- Day 1: expect 1 wet diaper. Day 2: 2+ wet diapers. Day 3: 3+ wet diapers. By day 6 and thereafter 6+ wet diapers every day.
- The first poops are dark and will change yellow in the first week. By day 6, baby should have 3+ poops a day.
- Most importantly **DON'T GIVE UP!** Breastfeeding gets easier with time.

## WHY BREASTFEEDING IS GREAT!

- **Perfect for babies and FREE!** Breastmilk is made just for human babies—and it doesn't cost anything!
- **Less work!** No need to mix formula or wash bottles.
- **More sleep!** It's quicker and easier at night.
- **Healthier baby!** Babies get sick less (fewer ear infections, tummy aches, allergies, and lower chance of diabetes or being overweight).
- **Stronger bond!** Helps moms connect and provide for their baby, and helps baby to feel safe and loved.
- **Good for moms too!** Lowers the chance of breast cancer, ovarian cancer, and feeling really sad (depression).



### Breastfeeding Support with our Lactation Consultant – You're Not Alone!

Need help or have questions?  
Whether you are a first time  
mom or need a little guidance  
we are here for you and  
happy to help. Get tips, ask  
questions, and feel reinforced.

In-person breastfeeding  
support meetings available  
with our board certified  
lactation consultant Jo Ann.

Interested? Contact us to  
learn more!



# SUMMER FUN!

## Free activities for you & the kids to enjoy!

Visit [mommypoppins.com](http://mommypoppins.com) to find more fun activities near you  
or  
check out <https://preventionlinks.org/> to find fun free activities for you and the kids!

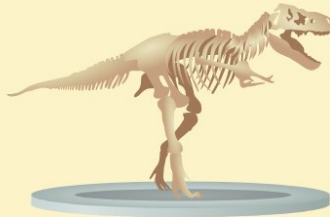
### Movies, Museums, Music & History

**Raritan Bay Waterfront Park, South Amboy, NJ.** Music-in-the-Park Wednesdays 6:30 pm-8:30 pm  
June 25-September 10

**Thompson Park, Jamesburg, NJ.** Music-in-the-Park Wednesdays 2 pm-3:30 pm  
July 2-August 27

**South Jersey summer movie nights in parks** — free outdoor family films

**Rutgers Geology Museum in New Brunswick:** minerals, fossils & more (free on certain Saturdays)



### Water Fun

**Mirror Lake Beach, Browns Mill** — free swimming, playground, and occasional movie nights

**Splash pads in Jersey City** (e.g., Hamilton Park, Van Vorst Playground) — free and kid-friendly



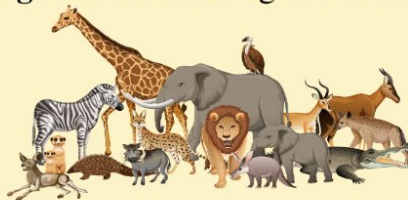
### Wildlife & Environment

**Rancocas Nature Center:** live animals, trails, crafts — a fun indoor/outdoor visit

**Tulpehaking Nature Center (Abbott Marshlands):** story time, bug hunts, feeding animals .



**Fish & Wildlife programs:** free fishing events and hikes across NJ



## Consultant Schedule

**Monday: Elaine 9:30 am - 12 pm**

**Tuesday: Nitza 10 am - 11 am**

**Wednesday: Mimi 11 am - 2 pm**

**Fanny 2:30 pm - 4:30 pm**

**Thursday: Linda 10 am - 12 pm**

**Marie 1 pm - 3 pm**

**Agnes 4:30 pm - 5:30 pm**



Check out our  
Instagram!



Scan the QR code  
using the camera on  
your phone to leave a  
review on  
Google or Facebook!

## LOVE US? DROP A REVIEW!

We'd **love** to hear about your experience with us! Please help spread the word by leaving a review, liking our pages, and giving us a follow! **Thank you!**



**Google:**  
Choices Options for  
Women's Health



**Facebook:**  
<https://www.facebook.com/choices.optionsforwomen>

## RESOURCES

Shop **SMART!** We recommend these easy-on-your-wallet stores for all types of merchandise:

- Once Upon a Child
- Dollar Tree
- Marshall's
- Five Below
- TJ Maxx
- UNIQUE
- Aldi



## PLEASE DO NOT TEXT AFTER HOURS UNLESS IT IS AN EMERGENCY

Our after hours hotline/textline is for  
**EMERGENCIES ONLY!**

If you have questions regarding material needs, your Bright Course videos, or any non-emergencies **PLEASE** wait until the next business day! **M-F 9 am - 4 pm**