

# Breastfeeding

## Q&A Overview



1. **What can I do to get ready to breastfeed?**  
Prepare your supplies and continue to learn about breastfeeding.

2. **I don't eat right, can I still breastfeed?**  
Your body will make the perfect milk for your baby. But, it is still important to prioritize a balanced diet for your own wellbeing.



3. **How often do breastfed babies eat?**  
Expect 8-12 times in a 24 hour period.



4. **How long does a feeding last?**  
On average, expect 10-30 min at each breast, but each baby is different.

5. **How do I know when my baby is full?**  
Babies tend to relax and become drowsy when full.



6. **How do I know if my baby is getting enough?**  
Track wet/dirty diapers and weight gain.

