

Getting Started with Breastfeeding

- Feed early & often to make plenty of milk.
- Colostrum, available at birth, is packed with calories & nutrients. Your baby only needs a small amount with each feeding.
- Feeding 8 to 12 times in 24 hours will help you make the right amount of milk for your baby.
- Avoid bottles & pacifiers for the first few weeks to allow your baby to learn to latch to the breast.

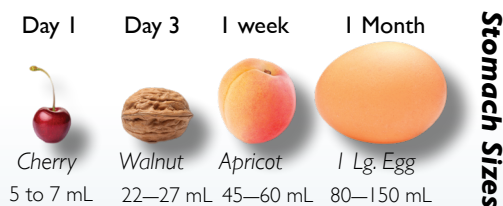
When Your Milk Comes In

What to expect as your milk comes in

| | Milk Changes | Baby | How you will feel |
|--------------------|--|---|--|
| Birth | You are producing colostrum in small amounts. Frequent feedings will provide early protection against diseases & build up your baby's immune system. | Many babies are very alert in the first hour after birth. This is a perfect time for skin-to-skin & early breastfeeding. | Congratulations!!! You will likely be tired & excited at the same time. This is a perfect time to get to know your baby by doing skin-to-skin & start breastfeeding. |
| 12 to 24 hours | Your baby will take about 1 teaspoon of colostrum at each feeding. Trust that your baby is getting what they need in the right amount. | Your baby may be very sleepy now. Knowing early feeding cues & importance of feeding frequently will help your baby get the colostrum they need. | You will also be very tired now. Make sure to rest when the baby is resting. It is ok to limit visitors & enjoy your baby. |
| Next 3 to 5 days | Your milk supply is starting to increase. You may notice the milk becomes more white in appearance & abundant. | Your baby will want to nurse a lot. The goal is for baby to nurse at least 8 times in 24 hours . Watch your baby for when to feed. Remember their tummies are tiny & they will want to feed frequently. Watch the baby, not the clock. | Your breasts will start to feel full & you will notice more leaking. If you have not noticed an increase in milk supply please contact your lactation consultant. |
| First 4 to 6 weeks | Your milk will continue to be produced because of the frequent feedings. | Your baby has learned how to breastfeed well. Your baby has grown along with their tummy, they can take more milk. Feedings may become less frequent & quicker. Your baby is just getting used to breastfeeding. | Your body is getting used to breastfeeding. Your supply will become more regulated & you will not feel as full all the time. As long as you continue to empty the breasts regularly you will continue to produce milk. |

Signs of a Good Feed

- Can hear your baby swallowing the milk.
- Breast feel softer after feeding.
- Baby is satisfied & removes self from breast.
- Baby is content between feedings.



Diaper Count

| Baby's Age | Wet Diapers | Dirty Diapers |
|------------|---------------|---------------|
| 1 day old | ● | ● |
| 2 days old | ● ● | ● ● |
| 3 days old | ● ● ● | ● ● |
| 4 days old | ● ● ● ● | ● ● ● |
| 5 days old | ● ● ● ● ● | ● ● ● |
| 6 days old | ● ● ● ● ● ● | ● ● ● |
| 7 days old | ● ● ● ● ● ● ● | ● ● ● |

Days 1 to 2
Black, thick & sticky.

Days 3 to 4
Greenish or yellow & not as thick.

By Day 5
Mustard or yellow, seedy & watery.

What is Skin-to-Skin?

- Skin-to-Skin means your baby is placed unclothed onto your chest, against your skin & under a blanket or your clothing. (Baby may have a diaper on if you prefer).
- Regardless of the feeding method, all babies love to snuggle skin-to-skin. Do this as much as possible, especially while breastfeeding.

How does Skin-to-Skin Help Breastfeeding?

- Baby is already very near the breast before starting to show interest in feeding. This makes latching on easier.
- When left undisturbed between your breasts, baby may nuzzle down to the nipple & latch on unassisted.
- Baby breast feeds better & longer overall.

Getting a Good Latch & Positions

Signs of a Good Latch

- The latch feels comfortable without hurting or pinching. How it feels is more important than how it looks.
- Your baby is tummy to tummy with you & does not have to turn their head.
- All of the nipple & much of the areola is in the baby's mouth.
- Lips are flanged out.
- Baby's tongue is over the lower gum.
- You can see or hear your baby swallowing the milk.



Getting your baby to latch:

- Tickle the baby's lips encouraging him or her to open wide.
- Pull your baby close so that their chin & lower jaw moves into your breast first.
- Watch the lower lip & aim it as far from the base of the nipple as possible, so the baby takes a large mouthful of the breast.

(Adapted with permission from Minnesota Breastfeeding Coalition)

Common Concerns

Sore Nipples: Some tenderness is common when learning how to breastfeed. The most common cause of sore nipples is due to an improper latch. If you are having problems correcting the latch, call your lactation consultant, WIC office or physician for help. Don't wait for it to get worse.

Cracked / Damaged Nipples: Cracked or Damaged nipples are usually caused by an improper latch or not removing baby safely from the breast. To prevent or treat damaged nipples:

- Make sure the baby is latched comfortably to breast.
- Break baby's latch before removing from breast.
- Talk to your lactation consultant or provider about using lanolin on the nipples.
- Call for help if you feel you cannot put your baby to the breast.

Engorgement: The best treatment for engorgement is frequent removal of milk from the breast.

Tips include:

- Nurse frequently.
- Apply warm compress to get milk flowing.
- Use hand expression to soften area around nipple & the areola.
- Apply cold compress between feedings to decrease the swelling.
- Engorgement usually resolves in 24 to 48 hours.

What is Cue Based Feeding?

- Cue based feeding simply means feeding whenever your baby shows feeding cues.
- Feeding cues are signs of hunger.
- Crying is a late sign of hunger. Plan to start feeding before baby is crying with hunger whenever possible.
- Feed the baby whenever baby wants for as long as baby wants.

Advantages of Cue Based Feeding

- Babies settle into a relaxing feed faster when feeding starts soon after baby shows the first signs of hunger. Babies enjoy feedings more when they don't have to cry to be fed.
- Feeding is comfort as well as nutrition. Newborns love constant closeness & feeding & cannot be held "too much" or "spoiled".
- Breastfed babies need frequent breastfeeding to build their mother's milk supply.
- Babies feed around the clock, sometimes every hour. This is known as cluster feeding.
- Babies have less jaundice when fed frequently.

Expressing Breast Milk

Hand Expression

Use massage and/or heat to get milk flowing
Position fingers in a "C" behind areola
Press fingers toward chest wall
Compress fingers behind areola & **Release**
Repeat on both breasts switching as milk flow slows.

Breast Pumps: Talk to your lactation consultant about your pumping needs.

Informational Website for Hand Expression:

(<http://newborns.stanford.edu/Breastfeeding/HandExpression.html>)

When to call for HELP!

- You are having nipple pain, discomfort or breastfeeding is not going as you like.
- Baby has dry mouth.
- Baby has red colored urine.
- Baby's skin color is yellowing, or increased jaundice.
- Stools have not changed to yellow & seedy by day 5.
- Baby is not having recommended wet & dirty diapers (see above diagram).
- Baby does not wake to eat at least 8 times in 24 hours.
- Baby is not gaining weight by day 5.
- Engorgement does not resolve in 24 to 48 hours.

Where to Call for Breastfeeding Help:

Public Health | Community

Local Area Hospitals

Local Area Clinics

Helpful & Useful Websites

LaLeche League: www.llli.org

US Breastfeeding Committee:
<http://www.usbreastfeeding.org/>

Wisconsin Breastfeeding Coalition:
<http://www.wibreastfeeding.com/>

<http://www.womenshealth.gov/breastfeeding/index.html>

Why only Breast Milk?

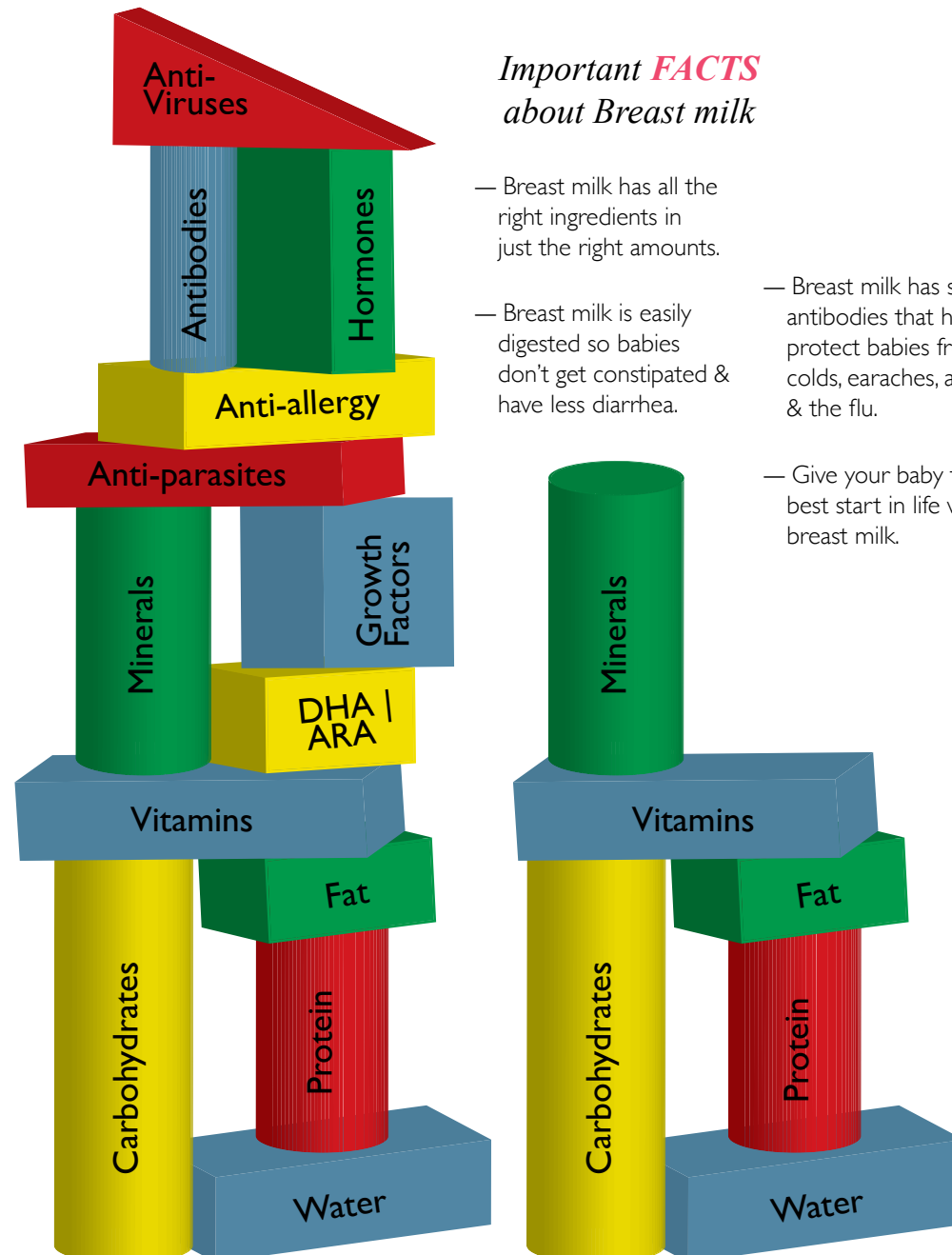
For the first six months, babies only need breast milk to get all the nutrients they need!

- Babies need no other food or drinks (including water).
- Offering anything other than breast milk can lead to decreased milk supply.
- Providing only breast milk gives the most protection against diseases & infections.
- You will have a better milk supply if supplemental foods are offered after 6 months.
- Wait to start baby food till baby is 6 months old. Continue breastfeeding till baby's first birthday.
- Breast milk offers many benefits beyond the first year, breastfeeding can continue!

Breastfeeding Quick Start Guide

Developed by: Brown County Breastfeeding Coalition

BREAST MILK vs. FORMULA



Breastfeeding Checklist for Newborns

Name: _____

Date of Birth: _____

Time of Birth: _____

Birth weight: _____

Discharge weight: _____

Newborn Appointment: _____

Doctor's Name: _____