

Information for Breastfeeding Families

Breastfeeding in the Hospital



Getting the best start, right in the hospital in the first few days of your baby's life, is key to long-term breastfeeding.

Talk to your health care providers during your pregnancy so they are aware of your wishes. Talk to your labor nurse when you arrive at the hospital to assure that she knows your wishes and can help you when the time arrives.

First, ask that your baby be put on your tummy right after delivery

- Hold skin to skin and watch your baby crawl up to the breast for the first feeding. This may happen from 10 to 40 minutes after birth.
- Keep your baby skin-to-skin until the first feeding.
- Delay the eye treatment, first weight, newborn injections and other procedures that are common right after delivery until the first feeding is finished.
- If you give birth by cesarean-section, your partner can hold your baby skin-to-skin until you are able to initiate breastfeeding. Some hospitals will do skin-to-skin even right after cesarean. Ask.

Second, keep your baby right with you at all times (rooming-in)

- If you are moved from the delivery area to the maternity area after the birth is over, hold your baby skin-to-skin during this transfer. Cover you both with blankets.

- Your baby can't breastfeed in the hospital nursery. Keep your baby with you so you can respond easily and quickly every time you see feeding cues.
- Feed your baby at least 8 times each 24 hour day on demand.
- Look for feeding cues:
 - Waking up, becoming agitated
 - Rooting (turning head and opening mouth)
 - Licking, smacking, mouthing movements
 - Sucking on fingers or fist
 - Crying is the last cue. Don't wait for that!
- Continue holding your baby skin-to-skin, before feedings, after feedings, and whenever your baby is upset.

Avoid unnecessary supplementation

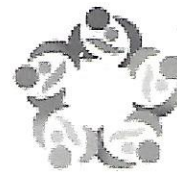
- Feeding right after birth assures that your baby gets a nice big feeding right away. Then offer the breast often.
- If you are unsure your baby is breastfeeding properly, ask for help! Your nurse can give you pointers and if you need more assistance, ask to see the Lactation Consultant.

Feel free to duplicate Lactation Education Resources 2019

Please be aware that the information provided is intended solely for general educational and informational purposes only. It is neither intended nor implied to be a substitute for professional medical advice. Always seek the advice of your healthcare provider for any questions you may have regarding your or your infant's medical condition. Never disregard professional medical advice or delay in seeking it because of something you have received in this information.

Information for breastfeeding families

Congratulations on the Birth of Your Baby!



Here are some basic guidelines to keep in mind for the first few weeks.

Wet diapers = 6+ per day

Stools = 3+ per day

Feedings = at least 8 times, on demand, around the clock
for the first 2-3 months

Signs of good feedings

- ✓ Feeling a deep, strong pulling sensation without sharp pain
- ✓ Consistent sucking with only brief pauses
- ✓ Hearing swallowing (after the milk comes in)
- ✓ Latch-on is easy
- ✓ Vigorous sucking at the breast
- ✓ Breasts are softer after the feeding
- ✓ Seeing milk in your baby's mouth
- ✓ Feeling a let-down reflex or seeing a change in the baby's feeding rhythm
- ✓ Adequate wet diapers and stools
- ✓ Minimal weight loss during first few days
- ✓ Baby regains birth weight by 2 weeks and gains $\frac{3}{4}$ to 1 oz daily thereafter

Signs of poor feedings

- ✓ Feeling pain during feedings
- ✓ Sleepy baby
- ✓ Inconsistent, flutter (weak) sucking
- ✓ Difficulty latching-on and staying on
- ✓ Clicking or popping sounds in your baby's mouth
- ✓ Prolonged nursing (more than 20-25 minutes on each side)
- ✓ Infrequent nursing (baby does not wake to feed at least every 3 hours)
- ✓ Baby is not satisfied at the end of the feeding
- ✓ Engorgement
- ✓ Inadequate wet diapers and stools
- ✓ Rapid or excessive weight loss (more than 7-10%) during the first few days
- ✓ Has not regained birth weight by 2 weeks
- ✓ Slow weight gain thereafter (less than $\frac{1}{2}$ – $\frac{3}{4}$ oz per day)

Good latch-on
with wide mouth

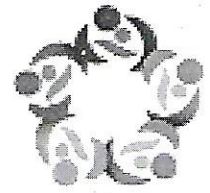


Poor latch-on
with shallow
attachment



Information for breastfeeding families

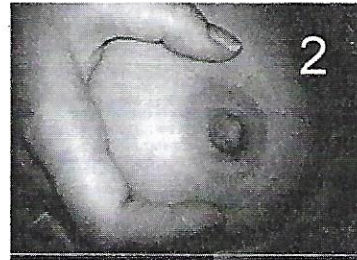
Hand Expression



Hand expression is a handy skill to have whenever you need to empty your breasts and you are not with your baby or your baby is temporarily unable to breastfeed. In the first few days after birth, hand expression can be more effective at removing colostrum than using a breast pump. If your baby needs a supplement in the first week or so, use hand expression to provide the milk needed!

Hand expression routine:

1. Apply heat, massage, and stroke breasts
2. Position fingers behind areola
3. Press back toward the chest
4. Compress fingers together to express milk
5. Relax and repeat, getting a rhythm going
6. Express for 5-7 minutes
7. Move fingers to a different position
8. Massage and stroke the breast
9. Press back toward the chest
10. Compress fingers together to express milk
11. Express milk for 3-5 minutes
12. Massage and stroke breasts
13. Move fingers to a different position
14. Express milk for 1-2 minutes
15. Complete cycle takes 20-30 minutes



Watch these videos while you are hand expressing to see the technique in action!

- <https://vimeo.com/65196007>
- <https://med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html>

Provided for you by Lactation Education Resources. May be freely copied and distributed. Please be aware that the information provided is intended solely for general educational and informational purposes only. It is neither intended nor implied to be a substitute for professional medical advice. Always seek the advice of your physician for any questions you may have regarding your or your infant's medical condition. Never disregard professional medical advice or delay in seeking it because of something you have received in this information. LER 2019

Information for breastfeeding families

Baby's Second Day



Often babies are very sleepy the first day after birth. It will be a challenge to keep them awake long enough to feed, and they may not wake up frequently for feeds. So you may need to arouse your baby to feed at least 8+ times that first day. But by the second day, your baby may be more awake, ask for feedings, and be unsettled. This can be upsetting and you might not know what to do to sooth your baby.

Second Night Syndrome

Generally occurs about 24 hours after birth for almost every baby. Your baby will want to be on the breast constantly but quickly fall asleep. If put down, your baby will probably wake up. If put to breast, the baby will feed for a short time and fall asleep. You may go back and forth with this many times.

Because you will be exhausted at that point, it would be easy to send your baby to the nursery or request a bottle feeding, **BUT** here is the best strategy:

Hold your baby skin-to-skin

Skin-to-skin holding is very soothing to your baby. Babies are familiar with the feel and smell of their mother's body.

Offer the breast when your baby wants to eat

Frequent nursing is the key to an abundant milk supply. Just make sure your baby has a good latch at the breast. Your nurse or lactation consultant can give you pointers on positioning and latch-on.

Assure that your baby is drinking

Make sure your baby is getting milk while at the breast.

- ✓ Check for a wide, deep latch on the breast
- ✓ The angle of your baby's mouth on the breast is 150° or wider
- ✓ Arouse your baby if drowsy while nursing
- ✓ Listen for swallows every 5-15 sucks

Nap when your baby naps

Take a short nap whenever your baby is asleep. It is likely your baby will want to be fed several times through the night, so take advantage of any quiet time to rest.

Enlist help!

Work out a plan with your partner, sibling, parent, or anyone who can spend the night with you. They can take turns holding and walking or rocking the baby while you take a break.

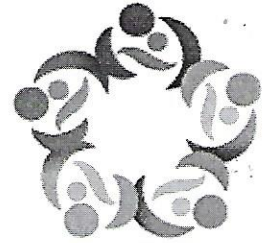
You are not alone

Just knowing that Second Night Syndrome is common may help you relax a bit. Almost every baby experiences this, but it will last only a night or two. Maybe three.

Feel free to duplicate this page. Lactation Education Resources 2019. Please be aware that the information provided is intended solely for general educational and informational purposes only. It is neither intended nor implied to be a substitute for professional medical advice. Always seek the advice of your physician for any questions you may have regarding you or your infant's medical condition. Never disregard professional medical advice or delay in seeking it because of something you have received in this information.

Information for breastfeeding families

Breast Engorgement



Breastmilk usually "comes in" two to five days after delivery. This means your milk changes from colostrum, or early milk, to mature milk. Your body may make more than your baby needs during this period, and it is easy to become overly full.

To prevent engorgement:

- Begin feeding soon after delivery
- Nurse frequently, on demand, 8 or more times per day around the clock
- Make sure your baby latches-on well to empty your breasts effectively
- Keep your baby actively nursing throughout the feeding
- Do not skip feedings or give formula feedings during the first several weeks.

For moderate engorgement:

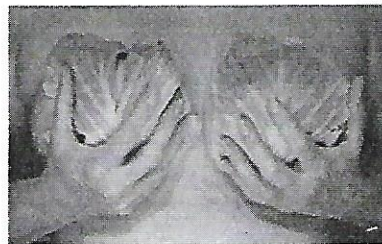
(Your breasts are as firm as the tip of your nose)

- Apply warmth before feedings to soften the breast and encourage the let-down reflex.
- Stand in the shower and let warm water run over your breasts. This will feel good and encourage leaking.
- Do some gentle breast massage. With your fingertips, gently massage your breast from under the nipple up toward your armpit. Then stroke from the outer breast toward the nipple.
- Watch this excellent video of hand expression of breastmilk
<http://newborns.stanford.edu/Breastfeeding/HandExpression.html>
- Apply cold after feedings to reduce the swelling and provide comfort. You can use ice packs or bags of frozen vegetables wrapped in a light towel. Apply for 10 - 20 minutes.

For extreme engorgement:

(Your breasts feel as hard as your forehead)

- Apply cold to the breasts, no heat. This will reduce swelling, slow re-filling of the breasts and provide some comfort.
- Lying on your back helps the excessive fluid in your breasts be reabsorbed by your body.
- Apply cold as previously discussed.
- Cabbage leaves may be applied to the breasts before feedings to reduce swelling. Although this may sound like an unusual treatment, many women have found it effective in relieving the pain and fullness of engorgement. Place the chilled cabbage leaf in your bra for 15-30 minutes 2-3 times per day or until your breasts begin to soften. Not more. More can reduce your milk supply. *Do not use cabbage applications if you are allergic to cabbage or you develop a skin rash.*
- You may then want to try the reverse pressure softening technique shown in this video:
https://www.youtube.com/watch?v=2_RD9HNR0J8&has_verified=1
- If latch-on is difficult at the beginning of a feeding because of the fullness, you can use hand expression to make your nipples graspable or use a breast pump for a few minutes. Hand expression may work best at this time.
- If your baby doesn't empty your breasts sufficiently during feedings or only feeds on one breast, you may use hand expression or a breast pump after feedings for a day or two. It is important to treat engorgement before your breasts become very full and painful. This back pressure on the milk producing cells in your breast can damage them and reduce your over-all milk supply.
- If, despite using these methods, you cannot obtain relief, seek help from a lactation consultant or other knowledgeable health care provider.



This handout may be freely duplicated. Please be aware that the information provided is intended solely for general educational and informational purposes only. It is neither intended nor implied to be a substitute for professional medical advice. Always seek the advice of your physician for any questions you may have regarding you or your infant's medical condition. Never disregard professional medical advice or delay in seeking it because of something you have received in this information.

Information for breastfeeding families

Breastfeeding Moms' Survival Guide for the First Two Weeks



Breastfeed whenever your baby shows feeding cues

It sounds like a lot, but your baby needs your milk and your breasts need the stimulation to bring in an abundant milk supply. Newborns need to be fed around the clock so that they get 8 or more feedings each 24 hour period

Wake your baby up well before feedings

A drowsy baby will not feed for long. Undress to the diaper, rub the tummy and back, talk to and rock your baby until the eyes open. A good strategy is to put the baby naked (except for a diaper) on your chest skin to skin for 1/2 hour prior to feeds.

Keep your baby sucking through the feeding

If your baby drifts off to sleep, "bug baby" to keep awake. Massage, use cool wash cloths, blow on baby's face, and talk to keep your baby feeding. Look for vigorous sucking on each breast.

Try baby led latching

Get in a reclining position and place the baby on top of you in any position that is comfortable for you. Allow the baby to locate the breast and latch-on. Baby's head will bob to locate the breast. When the chin feels the breast first, the mouth will open wide and latch-on. Try again if you feel any nipple pain.

Read this for more details.

<http://www.biologicalnurturing.com/index.html>



If your breasts get full, have your baby empty them for you by frequent feeding

Engorgement is natural in the first few days.

Emptying your breasts helps. Massage your breast during the feeding to empty them more completely. If that is not enough, you may use a breast pump prior to feedings to get the milk flowing and shape the nipple, then feed the baby. After feedings, if you are still over-filled, use the breast pump again. Ice is also a good way to slow down breastmilk production at this time. And it will feel good!

Look for one wet diaper according to baby's age until day 6

For example, 3 wet diapers on day three, four on day four, and so on. Continue with 6 wet diapers and 2-3 stools daily. More is fine, but if you are not getting these minimums, call a lactation consultant or your health care provider for evaluation of your situation and advice.

If your nipples get sore

Try the sandwich hold. Gently squeeze the breast into a "sandwich". Create an oval of the areola with your thumb lined up with your baby's nose, your fingers under the breast.

When do I get to sleep?

Sleep when your baby sleeps. Newborns tend to feed a lot at night and sleep more during the day. Around the clock feeds are grueling and you can maximize your sleep by napping when your baby does. Accustom yourself to these quick "cat-naps" to help you feel refreshed. You can also encourage the baby to spend more time awake during the day by feeding and playing.

Find your groove

It will take several weeks for you and your baby to get into a pattern of feedings and nap times. Go with the flow and learn what your baby's natural rhythms are. Schedules don't tend to work until the baby is a bit older and bigger. You can encourage a more predictable pattern later.