

## Information for breastfeeding families

# Five Keys to Successful Breastfeeding



### ***Keep your baby skin to skin with you until after the first feeding***

The first feeding sets the pace for next several feedings. In the time right after birth, babies are often awake and ready to feed during that hour. Take advantage of this special time by asking the nurses to delay the eye treatment, weight, and routine injections until after the first feeding. Your partner can do skin-to-skin too, especially if you have had a cesarean and skin-to-skin may be delayed a bit. Ask your nurse for assistance.



### ***Room in with your baby***

Keep your baby with you during your hospital stay so you can learn your baby's hunger cues and feed on demand. Babies typically feed more than 8 times each 24 hour day for the first several weeks. Offer the breast whenever your baby seems willing.



### ***Avoid supplementary feedings***

All your baby needs is you! Rarely is there a baby who needs more than the breast in the first 24 hours. Offer the breast often. The fast flow and different feel of a bottle nipple can confuse babies and make subsequent feedings difficult.

Breastfeed whenever your baby seems hungry. Observe your baby for feeding cues: mouthing, sticking the tongue out, bringing hands to the face; offer the breast – before he begins crying.



### ***Limit the use of pacifiers and swaddling***

Anytime your baby seems hungry, offer the breast. In-between, continue your skin to skin holding. Later your health care provider may recommend the use of a pacifier to reduce the risks of SIDs, but not until breastfeeding is well established.

Babies who are constantly swaddled do not wake up as often for feeding. And their hands help them find the way, so babies' hands should be free during feedings. Frequent feedings in these early days assures that you will bring in an abundant milk supply and your baby will feed adequately.



### ***Ask for help***

If things don't seem to be going well, or your breasts become sore, ask to see the lactation consultant in the hospital. She can watch a feeding and give you tips on how to hold your baby at the breast. When you get home, contact a breastfeeding support group, a lactation consultant in the community, or other breastfeeding assistance. A family member who was successful with breastfeeding may be able to help.



# Breastfeeding Begins Before Birth

## Gather Your Breastfeeding Team

Everyone needs help as a new breastfeeding parent. Before you deliver, locate those who can help you get started.

- ✓ Friends who have breastfed before
- ✓ Family member
- ✓ Obstetrician/Midwife
- ✓ Pediatrician
- ✓ Lactation Consultant
- ✓ WIC counselor
- ✓ Peer Support Group

## Learn About Breastfeeding

- ✓ Read a breastfeeding book/brochure
- ✓ Attend a breastfeeding class or peer support group
- ✓ Ask about things you have heard that you might wonder about or might be untrue
- ✓ Learn about the Baby Friendly Hospital Initiative and how it will help you get started with breastfeeding
- ✓ Access additional helpful resource sheets  
<https://www.lactationtraining.com/resources/educational-materials/handouts-parents>



## Key Points

- ✓ Hold your baby skin-to-skin right after birth until the first feed
- ✓ Delay common procedures until the first feeding is done (newborn weight, eye treatments, vitamin K)
- ✓ Keep your baby in your hospital room around the clock (rooming-in)
- ✓ Feed your baby around the clock whenever you see feeding cues (at least 8 times per 24 hours)
- ✓ Plan for quiet time without visitors during your hospital stay
- ✓ Do not use pacifiers; offer your breast if your baby is fussy or wants to eat
- ✓ Use no supplemental bottle feedings unless your healthcare provider says there is a medical reason
- ✓ Do not accept samples of formula or other items that might distract from breastfeeding



## Information for breastfeeding families

# *I wish someone had told me...*



Moms who have successfully breastfed their babies can give great advice. Here are some of their gems.

### ***Take a breastfeeding class before delivery***

Breastfeeding is a wonderfully natural thing to do, but learning how can help. Spend a little time learning about what happens after delivery.

### ***Start breastfeeding right in the delivery room***

Your baby will be interested in feeding within a few minutes of birth. Keep skin-to-skin and enjoy an early feeding.

### ***It's all about the latch***

How your baby holds your nipple and areola is the key to comfortable breastfeeding. Make sure the mouth is opened wide and baby gets a big mouthful. If it hurts, get help ASAP!

### ***Feed throughout the night at first***

No matter how tired or sore you are, you do need to feed around the clock in the beginning. This brings in an excellent supply of milk and assures that your baby starts gaining weight quickly.

### ***Babies cry more on their second day of life***

This can be upsetting and you might not know what to do to sooth your baby. Crying doesn't always mean hunger. Hold your baby skin to skin and offer the breast frequently. This fussiness is common and is called "Second Night Syndrome" although it can happen during the daytime also.

### ***You don't need a breast pump right away***

Your newborn is the best pump, and frequent feedings get breastfeeding off to a good start. If a breast pump does become necessary for a medical reason, a lactation consultant (IBCLC) can give you advice about the best kind for your situation.

### ***Use it or lose it***

The best way to make more milk is to feed the baby. An empty breast makes more milk. Don't skip breastfeeding sessions in the early days.

### ***Don't wait too long to try a bottle***

Breastfeeding exclusively for the first 4-6 weeks gets breastfeeding off to a good start. But if you are planning on going back to work or will need to give a bottle for some reason, start between around 4 weeks and offer it weekly to keep the baby in practice.

The best milk to use in the bottle is your pumped breastmilk. A breast pump can make that an easy thing to do.

If you are going to be home with your baby, you can skip this step.

### ***You might make too little or too much milk for your baby***

Feed often in the early days to get a good start. If your baby is not gaining weight well or you are overflowing with milk, get advice from a lactation consultant (IBCLC).

### ***Attend a breastfeeding moms group***

Just seeing other moms breastfeed and chatting with them can be a world of reassurance.

The leader will sometimes be a lactation consultant who can answer questions and help you troubleshoot problems.

### ***Nurse lying down***

Recline with your baby "on top of you" or lie on your side while your baby feeds. Use pillows to get yourself and your baby comfortable. You need a little rest too!

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 health care provider 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.

## Classes and Groups

MidState Medical Center:

- **Childbirth Education Classes (\$80)**
    - 4 individual classes or all day Saturday
    - Topics include relaxation/breathing and coping skills for labor and delivery
  - **Sibling Class (\$15/family)**
    - For children 2 ½ years and older
    - Topics include discussion, videos, and exercises on what a new baby looks like, how they act, and what a child can do with their new baby sibling.
    - Includes a tour of the Family Birthing Center
  - **Breastfeeding Class (FREE if delivering at MidState, \$10 for all others)**
    - One-time class to help mom understand the benefits of breastfeeding and provides basic instruction in breastfeeding.
  - **Breastfeeding Support Group: (Free)**
    - Led by the hospital lactation consultant or RN, for babies up to 6 months old
    - Wednesdays from 9:30-10:30AM
- Contact Breastfeeding Info Line (203) 694-8328 to sign up for classes through MidState

### Community Health Center:

- Prenatal classes are free for patients.
- Breastfeeding classes and individual appointments are available. Call for scheduling details (203) 237-2229

Every hospital offers pregnancy and breastfeeding classes. For more information, contact your doctor or the hospital at which you are delivering.

## The Meriden WIC Program

Our office has Certified Lactation Counselors and a Certified Lactation Consultant on staff to answer your breastfeeding questions and concerns. We are committed to helping all families achieve their breastfeeding goals.

WIC is here to support families in their breastfeeding journeys especially during Covid19. We will help guide you in accessing resources to prepare for breastfeeding your baby whether this is your first baby or your fifth. One way we are striving to support our families is through our "Breastfeeding Meet-Ups", which are now being held virtually. See the box below for more information.

### Virtual WIC Breastfeeding

#### Meet-Ups

**2<sup>nd</sup> and 4<sup>th</sup> Thursdays (1-2PM)**

Any pregnant or breastfeeding family is welcome. Meet other breastfeeding families and have your questions answered by a Lactation Consultant.

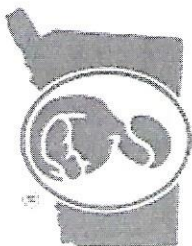
Google Meriden WIC, scroll, and click the link for the Virtual Breastfeeding Meet-Up Group



No registration necessary.  
Call Dana at the WIC office with questions. (203) 630-4104

## La Leche League

(International Breastfeeding Support Group)



"Our mission is to help mothers worldwide to breastfeed through mother to mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother."

### **Local La Leche League Meetings:**

- During Covid19 many meetings are being held virtually through Zoom or a similar platform. For more information, visit:  
<http://www.lllct.org/local-support>

\*La Leche League has a national breastfeeding helpline in both English and Spanish. Trained Breastfeeding Peer Counselors can help with breastfeeding questions and information (toll free).

**The HELPLINE is (1-877) 452-5324**

### Online Resources:

- [Kellymom.com](http://kellymom.com)
- [www.llli.org](http://www.llli.org) (La Leche League)
- [Breastfeedingt.org](http://Breastfeedingt.org)
- [Wicbreastfeeding.fns.usda.gov](http://Wicbreastfeeding.fns.usda.gov)
- [Zipmilk.org](http://Zipmilk.org) (find a local lactation specialist)
- [Itsworthitct.org](http://Itsworthitct.org)