

Breastfeeding My Baby

Day One Breastfeeding Tips

- A mother provides all the food that a baby needs during the first day of life. You provide the colostrum (early breast milk), warmth and tenderness needed to adapt to life outside the womb. Trust nature! You and your baby are learning to breastfeed together. It takes practice and patience.
- Your baby may eat as little as 4-5 times in the first 24 hours or as many as 12 times.
- How often your baby eats can be effected by:
 - your health
 - medicines used before the delivery
 - the type of delivery
 - health of baby
 - care given to you and your baby such as vital signs, circumcision and lab draws.
- For most babies the suckling reflex is strongest within the first 2 hours after birth. Breastfeeding right after your delivery is a good time for your baby to start. Many babies tend to spend much of the next 24 hours sleeping. Holding your baby skin to skin encourages a sleepy baby to feed.
- Each feeding should last at least 5 minutes with steady suckling. It may be as long as 20 minutes on each breast.
- You do not need to give your baby formula the first day unless it is medically necessary. Having formula can sometimes create problems.
- The average newborn's stomach is about the size of a marble or thimble and holds about 1 teaspoon.
- Your baby should have 1 or more wet diapers and 2-3 stools in the first day of life. The first stools your baby has are called meconium stools.

What is colostrum?

- Colostrum is the “first milk” you make. It helps your baby resist germs and protects your baby from infections. It helps “good bacteria” to grow in their digestive tract. It also helps the baby to pass meconium. Colostrum flows slowly and the baby must suck 8-12 times regularly to get enough to swallow.

Day Two Breastfeeding Tips

- Your baby starts to “wake up” in the second day of life. Baby starts to nurse more often. Your baby will look for what is familiar (mom) to soothe himself. (See the “Baby’s Second Night” handout)
- At 2 days of age, a baby’s stomach holds about 10-13cc (or 2 teaspoons).
- Your baby should have 2 or more wet diapers and 1-2 meconium stools.

Days 3 to 5 of Breastfeeding

- Continue feeding baby 8 to 12 times in 24 hours. Make sure to offer both breasts each time you feed your baby.
- Wake baby to feed by 3 hours from the start of the last feeding session if baby is not waking on their own to feed.
- You should not have more than one 4 hour stretch of sleep at night for the baby’s first week.
- Remember to feed on demand, as often as your baby wants to nurse. Frequent breastfeeding helps you have more milk.
- By day 4-5, baby should have 6-8 wet diapers and at least 2-3 yellow, seedy stools per day.
- Some babies stool before or during every feeding.
- The amount of milk you make goes up a lot about 3-5 days after birth.

- Breasts start to feel fuller and heavier as the breasts produce more milk and the mature milk “comes in.” If your breasts feel uncomfortable or if baby has trouble latching, see the “Engorgement” handout for ways to find relief.

Beyond Day 5 of Breastfeeding

- Continue to breastfeed your baby on demand. Avoid “scheduling” baby’s feedings.
- Frequent breastfeeding is normal. It is very important for forming a good milk supply.
- “Growth spurts” can occur when baby wants to feed more frequently than usual. This is your baby’s way of letting your body know they need more milk!
- “Growth spurts” typically happen around 7-10 days, 3 to 6 weeks and then monthly until about 6 months of age.
- Frequent feeding may last 24 to 72 hours. Your body will respond by making more milk. When the “growth spurt” ends, your baby will want to feed less often.

IT’S ALL ABOUT THE LATCH!!

1. Sandwich your breast and aim your nipple towards baby’s nose.



2. When baby mouth opens wide, let baby’s chin hit the breast first.



3. Roll baby’s mouth onto the top of your nipple. It will look off centered, where baby has more of your lower areola in their mouth than the top of your areola. Baby should never be just latched onto the end of the nipple.



4. Baby’s chin should be touching and the nose lifts off the breast. There should be a wide open “V” in the corner of the mouth. The latch shouldn’t be painful, if it is, try again.



ARE PACIFIERS A PROBLEM FOR THE BREASTFED BABY?

Risks of Pacifier Use with a Breast Fed Baby

- Use of a pacifier before 3-4 weeks of age can result in:
 - Poor latch on and sucking.
 - Lower milk supply and early weaning from breastfeeding.
- Using a pacifier too much may cause missed feedings and poor weight gain.

When to Use a Pacifier with a Breast Fed Baby

- Pacifiers can be used to calm the baby and decrease pain.
 - You might use a pacifier when baby is having a blood draw, x-ray or circumcision.
- Pacifiers are useful for preterm infants. They help:
 - To improve sucking skills
 - With weight gain and getting home sooner.
- Pacifier use and SIDS
 - The use of a pacifier may decrease the risk of SIDS by 50-90 percent.
 - The American Academy of Pediatrics says to use a pacifier before nap and bedtime:
 - after three to four weeks of age.
 - when breastfeeding is going well.
 - When the infant is asleep and the pacifier falls out of his mouth, it does not need to be put back in.

ENGORGEMENT

What is it?

- Engorgement happens within 3-6 days after you have a baby, lasting for 2-14 days.
- Your “milk is in”, meaning your mature milk volume is rising.
- There is also increased blood flow and tissue swelling in the breast.

Signs to look for:

- Swelling, hardness or heavy feeling in breasts and armpits.
- Breasts feel uncomfortable with swelling.
- Breasts or body temperature may feel warm.
- Baby’s stool changes to yellow, runny, and seedy.

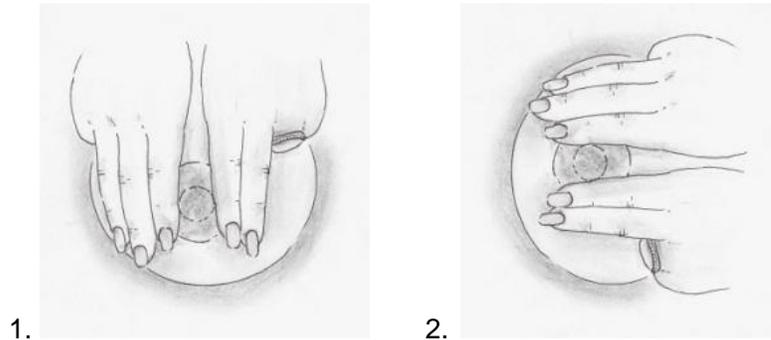
Treatment:

- Lay back and wrap cool compresses (ice packs, frozen bag of corn) around outer edges of breasts for 5-10 minutes before and after feedings. Not on nipples at all.
- Massage your breasts before feeding your baby, from chest wall, to nipples for 5 minutes.
- Feed baby often, at least every 2-3 hours. Don’t skip night feedings.
- Take Motrin as prescribed by your doctor during the engorgement period.
- You can pump your breasts for a few minutes after feeding if they are still swollen and feel uncomfortable. Do not over pump, only pump as needed.

Latching difficulties with engorgement:

- Often your breasts can get very swollen and your nipple flattens out, making it harder to latch.
- Hand express or pre-pump for 2-5 min to relieve pressure and baby can latch better.

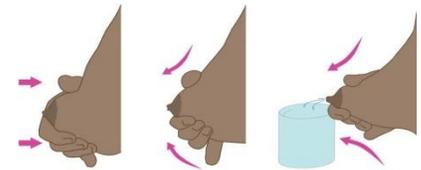
- **Reverse pressure softening** before feeding (or before pumping). Lean back. 1. Place two fingers from each hand on each side of the nipple. Press for 15-30 seconds. 2. Move your fingers $\frac{1}{4}$ turn, your fingers will now be above and below the nipple. Press for 15-30 seconds. Repeat for 2-5 minutes to decrease swelling in areola.



- Wear a well-fitting bra without underwire.
- If baby is not latching and feeding, you can pump for 15 min after each attempt and give baby your pumped milk. Please call the Bronson Breastfeeding Center for assistance.

MANUAL EXPRESSION

- Wash hands prior to breastmilk expression and handling milk.
- Easiest method to express colostrum in the first 24 hours after delivery. Optimally, not for long-term use.
www.healthyparentshealthychildren.com



- Watch “Stanford University Breastfeeding and Hand Expression” video @ <https://med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html>

PUMPING, GIVING BOTTLES, AND GOING BACK TO WORK.....THE BASICS

1 st two weeks after delivery	2 to 3 weeks of age	3 to 4 weeks of age	4 weeks of age until back to work	Planning for pumping at work	Returned to work
<p>Enjoy breastfeeding your baby!</p> <p>Don't pump unless you absolutely need to.</p> <p>*see page on engorgement tips</p>	<p>Pump both breasts once every day for 5 minute sessions after the morning breastfeed for extra milk to store</p>	<p>You or another caregiver, give your baby a bottle with breast milk.</p> <p>May give 2 to 3 bottles per week if baby takes it well.</p> <p>May need to give a bottle more often than once a day if baby does not take it well. You want them to take the bottle when you are away.</p> <p>Be careful: Remember bottles* flow faster than the breasts initially. Too many bottles can make transitioning between the breast and bottle more difficult. *always use a slow flow nipple</p> <p>May pump both breasts twice daily for 5 minutes after breastfeeding.</p>	<p>To continue building up your milk supply in the freezer:</p> <p>You may pump after 1 or more breastfeeds per day for 5 minutes.</p>	<p>Figure out WHEN and WHERE you will be pumping while you are at work a few weeks before going back.</p> <p>Pumping every 3 to 4 hours for 15 sessions is best.</p> <p>You should be able to pump close to the amount needed for your baby for the next day at daycare.</p>	<p>Stay well hydrated</p> <p>Eat</p> <p>Try to relax during your pumping sessions</p> <p>Lean on family, friends, and a Lactation Consultant for support</p>

BREAST MILK STORAGE

Freshly Expressed Milk		
	Temperature	Storage Time
Room temperature	61-79°F/16-26°C	4 hours
Insulated cooler	5-59°F/-15-4°C	24 hours
Refrigerated Milk (*Store in back of fridge NOT in door)		
Fresh milk	32-39°F/0-4°C	3-5 days (72 hours ideal)
Thawed milk	32-39°F/0-4°C	24 hours
Frozen Milk (*Store in back of freezer NOT in door)		
Freezer compartment of refrigerator	0°F/-18°C	3 months
Chest or upright deep freezer	-4°F/-20°C	6-12 months (6 months ideal)