

Breastfeeding

Getting a Good Start – You Can Do It!



How to Latch On – crucial to successful breastfeeding

- Grasp breast in clean hand in a “C” or “U” shape away from the areola
- Touch baby’s cheek with nipple
- Wait for a wide open mouth
- Roll your breast into the baby’s mouth like the baby is taking a bite of a large sandwich; helping the lower jaw open and the nipple is nearer to the top of the baby’s mouth

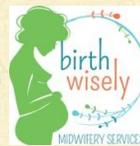
How to Release Latch

- Insert a clean finger at the side of the baby’s mouth
- Sweet the finger around the inner mouth until suction is broken

Photo: thepassionatemom.wordpress.com

Normal Newborn Weight Loss/Gain

- It is normal for your baby to lose 5-10% of her birth weight within the first few days of life
- 75% of babies will reach their birth weight by 7 days and 95% by 14 days
- After baby gains birth weight back – she should gain about 5-7 ounces per week over the next 2 months



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Switching sides

- Offer the other breast when baby is finished at first breast
- If baby is still hungry, baby will latch and eat; if not, baby will remain calm, eyes closed and arms resting at sides
- Some babies like to nurse at both breasts, some babies nurse one breast per feeding, some switch it up
- You and your baby will get to know his or her eating preference as you practice offering both breasts each feeding

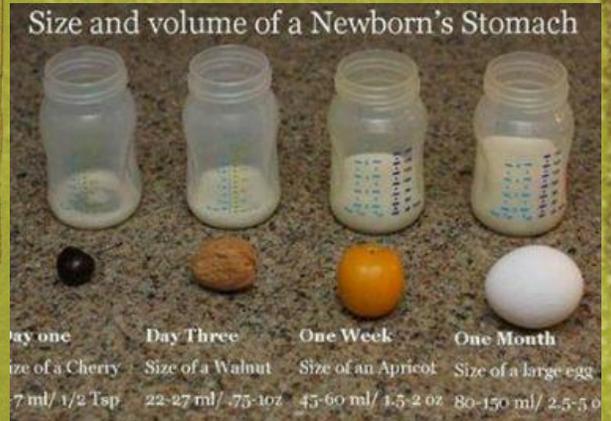


Photo: babyfirstlactation.com

Why Early and Frequent Breastfeeding is Optimal For Mom/Baby

- Baby should be placed on mother immediately after delivery to establish the proper hormonal cocktail for successful breastfeeding and attachment between the mother and baby
- Skin to skin contact and time at the breast helps establish the mother’s milk supply and gives the baby time to practice and work at latching
- Early and frequent nursing is perhaps one of the most important steps in establishing supply and is crucial for the baby’s health and growth in the first days and weeks
- It is important to forego ANY artificial nipples and bottle feedings in order to be successful – please get a professional assessment before offering bottle feedings

Poop and Cues

Poop Appearance and Amount

- Poop is sticky, black and thick on days 1-3; 1-2 times per day ████
- Poop turns green days 3-4; 2-5 times per day ████
- Poop should be a mustardy yellow from day 5 onward ; 3-8 times per day ████

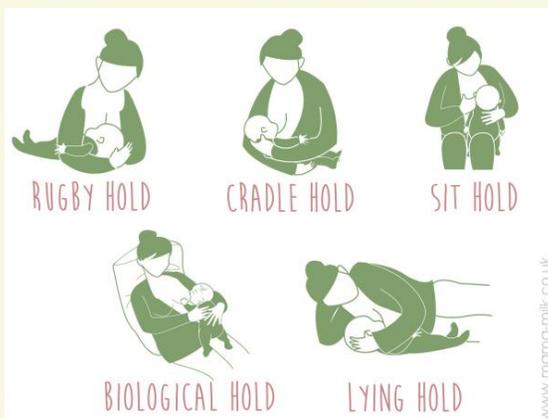


Breastfeeding Cues

- Baby “pecks” at your body with her head
- Baby tries to put hands in mouth
- Baby smacks lips
- Baby juts tongue out of mouth
- Baby turns toward an object with intent to latch on
- Baby stirs while sleeping
- Baby has increased arm movement - arms are no longer resting at sides
- Baby is awake!
- Crying, fussiness, red face – late cues

Wet Diapers – A great way to see your baby is getting enough

- Baby should have one wet diaper per day of life until day 4
- After day four, there should be 5-8 wet diapers per day



Getting Comfortable

- Skin to skin or comfy, loose clothing
- Take a deep breath
- Smile at your baby
- Calm the baby – swaddle, skin to skin, pinky suckle, rock/shush
- Find a comfortable position – reclining, sitting up with pillow support for baby, side lying
- Belly to belly
- Baby's head by breast – nose near nipple
- Let baby play and show interest
- Latch baby on
- Relax and take a deep breath – drop your shoulders

Normal Breastfeeding Patterns

- Small frequent feeding to accommodate small belly and absorbable milk and communicate with mom body to produce milk
- Babies are born to breastfeed, but it takes lots of practice for you and for baby
- Unrestricted timing, and frequency of feedings – nurse on demand; this means that ANY time that the baby shows interest he should be fed at the breast. This could be every 2-3 hours or every 20-30 minutes. Babies eventually develop their own rhythm around 2-3 months old.
- A newborn baby should not go longer than 3 hours without nursing



References:

- Mohrbacher, N., & Stock, J. (2003). *The breastfeeding answer book* (3rd ed.). Schaumburg, IL: La Leche League International.
- Riordan, J., & Wambach, K. (2015). *Breastfeeding and human lactation* (5th ed.). Burlington, MA: Jones and Bartlett.