

BREASTFEEDING - GETTING STARTED

DOYLESTOWN HOSPITAL, DOYLESTOWN PA

Keep your baby with you day and night to learn and respond to your baby's feeding cues

STIMULATING YOUR BABY FOR FEEDINGS

- Place your baby **skin-to-skin** on mother or father
- Express colostrum onto your baby's lips
- Massage and compress your breast during feeding

FEEDING GUIDELINES

****Feed 8 or more in 24 hours****

- Your baby may be sleepy the first 24 hours
- Watch your baby for **signs of hunger** –squirming, turning head, stretching, bringing hands to mouth, sucking sounds or motions
- Feed on your **baby's cues** which may be as often as every **1-3** hours in the early weeks
- Do not limit how often or how long your baby feeds
- Allow baby to nurse as long as actively sucking on the first breast. Burp baby, then **offer** the second breast.
- Your baby may cluster feed continuously for **several** hours followed by a longer sleep period. This is **normal**, especially on nights 2 & 3 after birth.
- Colostrum changes/increases to mature milk on day **3-4**.
- The American Academy of Pediatrics recommends breastfeeding exclusively for **6** months with no water or other supplements. Continue to breastfeed to **12** months or beyond as long as you and baby desire.

POSITIONING AND LATCH

- You may try different positions: laidback, cradle, cross cradle, side lying and football
- Form a "breast sandwich" to help baby latch. Line up finger and thumb with baby's nose & chin.
- Lean back in a **comfortable** position. Wait for baby to open mouth wide, and then **quickly** bring baby to your breast.
- Look for more of the baby's mouth toward the bottom of the areola, chin touching the breast, and lips flared

BREAST CARE

- Express colostrum or milk and massage into your nipple after feeding to keep nipple skin healthy. Air dry before replacing clothing.

WHY WE SUGGEST YOU AVOID BOTTLES AND PACIFIERS

- Avoid artificial nipples until breastfeeding is well established, which is usually about 3-4 weeks.
- Frequent breastfeeding stimulates milk production
- Pacifiers and bottles decrease time at the breast and may lower milk production
- Pacifiers and bottles teach baby how to suck differently. This may lead to sore nipples.

The more you nurse, the more milk you make.

Watch your baby & not the clock!!

SIGNS OF EFFECTIVE FEEDS

- Pattern of suck, swallow, and breathe during feeds
- Hearing baby swallow with high volume of milk
- Baby is satisfied and content after feeds
- Starting on Day 5: **6 wet** and **3 soiled** diapers each day
- Baby gains 5-7 ounces each week after mature milk is produced. It is normal for your baby to lose weight in the first few days.

NIPPLE TENDERNESS

- Apply small amount of lanolin to your nipple after feeding. Keep breasts exposed to the air as much as possible.
- If needed, wear breast shells inside your bra between feeds for air circulation
- For cracked nipples, apply saline soaks for 10-15 minutes on a nursing pad. Remove wet pad, then apply lanolin.

ENGORGEMENT

- Massage and express milk (by hand or pump) before feeding to soften the nipple
- If your baby did not drink enough milk to relieve fullness, pump **only** for comfort
- If your breasts are hard and painful, apply **ice** packs or cool compresses to relieve soreness and swelling

NUTRITION

- Follow a healthy diet. Prenatal guidelines do **not** apply to breastfeeding. Avoid fish high in mercury.
- May have moderate amount of caffeine in the morning. Watch your baby for signs of sensitivity.
- Wait **2-3 hours** after each alcoholic drink or until you no longer feel the effects of the alcohol before breastfeeding.

EXPRESSING AND SAVING MILK

- Store in **glass bottles, BPA-free hard plastic** bottles or specially designed breast milk storage bags
- Breastmilk storage guidelines:
 - **Room temperature** at 77°F/25°C **4-8** hours
 - **Refrigerator** (fresh expressed) at 39°F/4°C **4-8** days
 - **Insulated cooler** with frozen gel packs (transported milk) at 59°F/15°C Up to **24** hours
 - Completely **thawed** & placed in refrigerator at 39°F/ 4°C Up to **24** hours
 - **Freezer** compartment of 2-door refrigerator (not in door) at 23°F/5°C Up to **6** months
 - **Deep freezer** at -4°F/-20°C Up to **12** months
- Thaw either in refrigerator overnight, in a pan of lukewarm water, or directly under faucet in stream of warm water
- Breastmilk does not need to be warmed to feed to baby
- Do not microwave breastmilk

Breastfeeding Benefits

For Mom



Breastfeeding burns as many as **500 extra calories each day**, which may make it easier to lose the weight you gained during pregnancy.



Women who breastfeed longer have **lower rates of type 2 diabetes, high blood pressure, and heart disease.**



Women who breastfeed have **lower rates of breast cancer and ovarian cancer.**



Breastfeeding triggers the release of **oxytocin** that causes the uterus to contract and may **decrease the amount of bleeding you have after giving birth.**



For Baby



Breast milk has the right amount of fat, sugar, water, protein, and minerals needed for a baby's growth and development.



Breast milk is easier to digest than formula, and breastfed babies have less gas, fewer feeding problems, and less constipation.



Breast milk contains **antibodies that protect infants** from certain illnesses, such as ear infections, diarrhea, respiratory illnesses, and allergies.



Breastfed infants have a **lower risk of sudden infant death syndrome.**



If your baby is born preterm, **breast milk can help reduce the risk of many of the short-term and long-term health problems.**

For additional information and resources, go to www.acog.org/breastfeeding



The American College of
Obstetricians and Gynecologists
WOMEN'S HEALTH CARE PHYSICIANS



Breast milk:

- Is easily digested and always available.
- Provides all the nutrients, vitamins, calories, and fluids your baby needs to be healthy.
- Has growth factors that ensure the best development of your baby's organs and brain.
- Protects your baby from many diseases and infections.
- Breast milk is very important for premature babies. It may reduce the risk of serious complications.

Because of these protective substances, breastfed children are less likely to have:

- Ear infections
- Diarrhea
- Pneumonia, wheezing and respiratory infections
- Other bacterial and viral infections
- Obesity, diabetes and sudden infant death syndrome (SIDS)

For the mom who is breastfeeding:

- Decreases your risk of breast, uterine and ovarian cancer
- Benefits long term bone health
- Promotes emotional health
- Helpful for postpartum weight loss
- Our lactation consultants and nurses will provide you with support and education on breastfeeding

How big is your new baby's stomach the first few days after birth?



Day One
Size of a cherry
1 - 1 ½ tsp. per feeding*



Day Three
Size of a walnut
¾ - 1 oz. per feeding*



One Week
Size of a large egg
1 ½ - 2 oz. per feeding*

***These amounts apply to ALL babies regardless of the feeding method.
During the first few days, it doesn't take much to fill their stomachs.**

With small stomachs, babies feed often. There are lots of night time feeds in the first few weeks. With breastfeeding, the more you feed the baby, the more milk your body will make!

So, a few things to remember...

- Colostrum, a nutritious milk high in protein, calories and antibodies is baby's first food and is present at birth.
- What goes in, must come out, so check your baby's diapers to be reassured.
- Rest up and sleep when the baby sleeps.
- Feel confident you are giving your baby what is needed!

Feeding Cues

Will you know when to feed your baby? Absolutely!

Usually within the first hour skin-to-skin, your baby will start rooting and searching for the breast and may even latch on their own.

From then on, watch and listen closely. Baby will tell you what he/she needs!

I'm getting a little hungry.



8 or more in 24...

I'm really hungry now!



8 or more in 24...

OH!! I wish I had something to eat sooner. Calm me, then feed me.



8 or more in 24...

Crying is a late feeding cue, so try to feed when baby is showing early signs of hunger.

Words of Advice from your Baby

Feeding cues:

“Please don’t hold off my feeding by giving me a pacifier. If I am showing you some early signs like squirming or putting my fist to my mouth, go ahead and feed me even if you have to wake me up.”

“We will work together to make sure I have enough to eat!”



Latching at the breast:

“Mommy, you get comfy and I will snuggle up close to you, tummy-to-tummy. This will help as we learn how to do this. **Please ask the nurses and lactation consultants for help.** We can do this together because I really love being close to you, hearing your heartbeat and getting that special milk you make for me.”



Just your milk for the first 6 months:

“Mama, most of the time your milk is all I need. The doctors and nurses will let you know if I need something else. Try not to give me a bottle or pacifier for the first 3 – 4 weeks to make sure you make enough milk for me. I need practice to learn how to breastfeed well.”



Keep Mother and Baby Together

**Babies love to be near their parents.
For their comfort and yours, we provide all baby care at your bedside.**



Benefits of Skin-to-skin and Rooming-In:

- ◆ **Helps baby transition to life outside the womb**
- ◆ **Keeps baby warm and regulates vital signs**
- ◆ **Babies feel safe when they can touch, hear and smell their moms**
- ◆ **Mothers learn baby's early signs of hunger**
- ◆ **Easier to breastfeed more often**
- ◆ **Helps mother make more milk**
- ◆ **Mom and baby sleep more soundly**
- ◆ **Babies cry less and gain more weight**
- ◆ **Creates a strong bond between parent and child**
- ◆ **Parents feel more confident caring for their newborn**
- ◆ **Calmer mom... Calmer baby...**

Frequent Breastfeeding at Night is Normal!

- Prolactin hormone levels are higher at night. This is nature's way of building a good milk supply.
- Mom and baby get more practice breastfeeding and milk volume increases faster
- Less breast engorgement for mom
- Lessens jaundice for baby
- Mom sleeps better when baby is with her
- Mom will learn baby's feeding cues better when baby stays at her bedside
- Limiting visitors and resting during the day will help prepare parents to get through the night

Avoid use of bottles and pacifiers while baby is learning to breastfeed

- Using bottles and pacifiers in the first few weeks lessens time at the breast. This can contribute to low milk production.
- Baby latches differently to the breast than a bottle. This may cause sore nipples.
- When a baby breastfeeds he/she will need to stimulate letdown for milk to flow. The faster flow of the bottle may make going back to the breast difficult.

How to Know Baby is Getting Enough Milk

- Baby breastfeeds **8 or more** times per day.
- Baby has plenty of wet and dirty diapers per day, at least 6 wet and 3 stools starting on Day 5 and beyond.
- You can hear your baby swallowing when feeding.
- Your baby seems mostly content and satisfied after feeding.
- Baby gains about 5-7 ounces per week starting Day 4-5.
- Baby is back to birthweight by 2 weeks.

Expected Diaper Counts

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Minimum wet diapers	1	2	3	4	6+	6+
Minimum dirty diapers	1	2	3	3+	3+	3+
Type of stool						

Free Support through Doylestown Health

Join our private Facebook group:



Doylestown Health Breastfeeding and Pumping Moms

*You must answer the questions to join.



Join our FREE weekly support group meetings:

Breastfeeding Mothers' Group

Virtual Zoom meetings every Thursday from 10-11am

For more information, contact Jean Krauss: jkrauss3@dh.org or 215-345-2679

Clinical Outpatient Lactation Care (unaffiliated with Doylestown Health)

Board-certified lactation consultants are available for home or office consults on a fee-for-service basis.

Your insurance provider may cover the cost of the consult, so contact them ahead of time.

www.pro-lc.org or www.ilca.com (*Find a Lactation Consultant*)

Helpful Websites

www.kellymom.com - comprehensive, up-to-date, evidence-based breastfeeding information

www.infantrisk.com - information concerning medications and breastfeeding

www.firstdroplets.com – breastfeeding info from Stanford University

