



# BREASTFEEDING YOUR BABY

## *Benefits, Techniques and Selfcare*

This flip chart, provided by Erlanger Health System, will inform you on breastfeeding basics, what to expect, and help prepare you to begin breastfeeding.



## Why should I Breastfeed?

Breast milk is complete and perfect nutrition for newborns. The American Academy of Pediatrics recommends exclusive breast milk feeding for six months, followed by continued breastfeeding as complementary foods are introduced, with continuation of breastfeeding for one year or longer as mutually desired by mother and infant.



# Speak up for your baby's health!



- Look for a health care provider who supports breastfeeding
- Plan to keep your baby with you in your room so you can feed your baby at the first signs of hunger
- It's okay to hold your baby as much as you like
- Your baby will be comforted by being with you
- Hearing your heartbeat and feeling your warmth help your baby adjust to the new world outside of your body

# Reasons to Breastfeed



## Benefits to baby:

Reduced risk of:

- Sudden Infant Death Syndrome (SIDS)
- Nonspecific gastroenteritis
- Severe lower respiratory tract infections
- Certain skin conditions
- Asthma (young children)
- Obesity
- Type I and Type II diabetes
- Childhood leukemia
- Ear infections
- Necrotizing enterocolitis in preterm infants

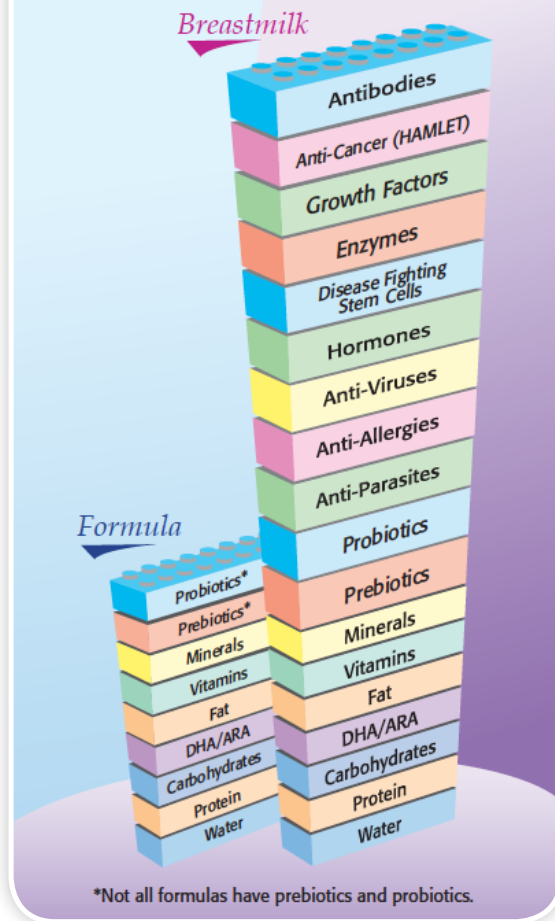
# Reasons to Breastfeed



## Benefits to Mom

- Burns up to 500 calories per day
- Less bleeding
- Reduced risk for:
  - Ovarian and breast cancer*
  - Heart disease*
  - Type 2 diabetes*
  - Rheumatoid arthritis*
  - Reduced risk for postpartum depression*

Breastmilk has **MORE**  
of the Good Things Babies Need  
**See for Yourself!**



## Why Breastmilk?

- Breastmilk naturally changes to meet the growing needs of the infant.
- Antibodies are passed to the infant through breastmilk, providing immediate immunity that is not possible with formula.
- Breastfeeding is convenient. No mixing, always the right temperature, and is inexpensive.

Source: California WIC  
(Women, Infants and Children Program)

## Breastfeed as early as possible

- It is recommended that you hold your baby immediately after birth and breastfeed as soon as infant shows “feeding cues”
- Ask that your baby’s bath be delayed until after the first feeding as a gentle way to welcome your baby



# What should I expect after my baby is born?



Most babies will:

- Rest for about the first 30 minutes
- Start smacking lips and sucking on fists
- Move toward a breast
- Bob head up and down
- Latch onto breast after a few tries
- To help assure optimal milk production, breastfeed as frequently as your baby wants to



# Hold your baby skin-to-skin right away



Skin-to-skin means:

- Your newborn baby is gently dried and placed on your bare chest
- A blanket covers both you and your baby
- Continue to hold your baby skin-to-skin as much as possible throughout your stay at the hospital

# What are the benefits of skin-to-skin?



## Skin-to-skin:

- Helps baby stay warm
- Reduces crying
- Improves baby's health by regulating heart rate, respirations, temperature, and blood sugar
- Lowers mother's stress level
- Makes breastfeeding easier
- Helps mother make more milk

# What should I expect?

- Your nipples may feel tender as you get started, but breastfeeding should not be painful
- Your breasts started making milk (colostrum) while you were pregnant, so you have just the right amount for your newborn baby
- Babies normally lose weight the first three days after birth and are back to birth weight at 10-14 days
- Your baby has a small stomach at first, so plan on feeding at least eight times every 24 hours, or every third hour, for the first few weeks

*Approximate stomach capacity of a newborn in the first week of life.*



Day 1  
5-7 mL



Day 3  
0.75-1 oz



Day 7  
1.5-2 oz

# Benefits of Rooming In

- Mother and baby sleep better
- Mothers recognize and respond to baby's cues
- Babies cry less and calm more quickly
- Breastfeeding is easier
- Milk supply increases sooner
- Maternal-infant bond is strengthened



# Supplementation



Mothers sometimes worry because their babies want to breastfeed more than they expected at first and wonder if their baby is getting enough milk. Early, frequent feeding helps your body establish your milk supply. Most mothers make plenty of milk for their infant without the need to supplement with formula.

There can be side effects to providing formula supplementation:

- Breast engorgement
- Difficult latch
- Delay in milk “coming-in”
- Exposure to allergy

Contact your Lactation Consultant or other health care provider if you are having difficulty and feel that you may need to supplement.

# Timing and frequency of feedings



- Put your baby to the breast when infant exhibits feeding cues
- Wake your sleeping infant if necessary
- Nurse on first breast until your baby is satisfied
- Burp and offer second breast
- Cluster feeding is normal

# Baby's feeding cues

- Sucking sounds
- Hand-to-mouth movements
- Restlessness
- Soft cooing or sighing sounds
- Rapid eye movements



## How to wake sleeping baby

- Remove blankets and clothing
- Change infant's diaper
- Place infant skin-to-skin with mother
- Massage infant's back, stomach, arms and legs





## Latch and milk transfer



- Nipple pain is often a sign of an incorrect latch
- If pain occurs, release suction and re-latch
- Initial brief discomfort followed by a tugging sensation is normal with deep latch
- Deep latch allows transfer of milk to baby and stimulates milk production

## Signs of effective latch



### Baby

- Wide-open mouth with flared lips
- Sustained rhythmic sucking
- Audible swallows

### Mother

- Uterine cramping
- Thirst and drowsiness

## Is my baby getting enough to eat?

- Breastfeed eight to 12 times per day
- Count wet diapers
- Count soiled diapers
- Color of bowel movement transitions from black to yellow within three to five days



# Pacifiers and artificial nipples

- May interfere with establishing adequate milk supply
- May alter sucking technique
- May prolong time between feedings
- Most healthy newborns' suckling needs are met by breastfeeding frequently
- Delay use for the first few weeks after birth until baby is breastfeeding well

## Baby's second night

- Baby wants to stay at breast (cluster feeding)
- Baby needs to be near mother because she is familiar and soothing
- Allow baby access to his/her hands to self-soothe
- Hold baby until he/she attains deep sleep



# Cluster feeding

- Baby's feeding times are close together
- Variability in feeding frequency is normal
- Helps establish or increase milk supply
- Common in newborns and during growth spurts
- Often occurs in evening hours
- NOT indicative of low milk supply



## Hand expression of breastmilk



- Gently massage breast prior to expression
- Place thumb and forefinger at 6 and 12 o'clock positions approximately 1½ inches from nipple
- Push in toward chest wall
- Roll thumb and forefinger forward
- Avoid squeezing or pulling
- Rotate and repeat to empty all reservoirs

# Breastmilk storage

- Store in BPA-free bottles or bags
- Place name and date on containers
- Good for four to six hours at room temperature
- Good for three to eight days in refrigerator
- Good for six to 12 months in freezer
- Use within 24 hours after thawing





# Labor Pain Management and Breast Feeding

Certain medications and interventions in labor have the potential to negatively affect your baby's early and frequent suckling at the breast. If you plan on breastfeeding, you should choose a health care provider who is willing to help you labor naturally and without pain medication for as long as possible. Here are some non-pharmacologic (meaning without medicine) options to help you manage labor pain. Discuss your options with your health care provider as you consider how to achieve the best outcomes for your labor and delivery.

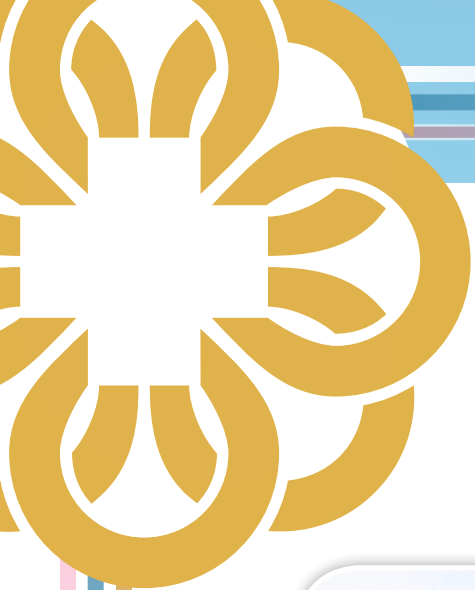
- Massage
- Relaxation techniques
- Changing your position often
- Walking, sitting in a rocking chair or on a birthing ball

## Check in with your pediatrician's office or lactation consultant if:

- Your baby is having fewer than four stool diapers in 24 hours by day four
- Your baby is still having black tarry bowel movements by day four
- Your baby is not breastfeeding at least eight times in 24 hours in the days after delivery
- Your nipples hurt during feeding or are cracked or bleeding
- Your baby does not seem satisfied after most feedings
- Your breasts are hard, swollen or tender making it difficult to latch your baby to your breast.

## Call an International Board Certified Lactation Consultant (IBCLC) upon discharge if:

- Your nipples are sore when you are discharged
- Baby has lost more than 10% of birth weight by discharge
- Baby is jaundice or very sleepy
- Baby is refusing to latch or has not latched to the breast and fed well before discharge
- You are discharged using a nipple shield
- You are feeding multiples
- You have any concerns or questions regarding feeding your baby



*Erlanger Health System is committed to providing you with important information and support to help you succeed in breastfeeding. Our facility adopts practices, such as rooming in and skin-to-skin care, that will help you achieve your breastfeeding goals.*



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