



BREAST FEEDING

WHEN

Is baby getting enough?

Sometimes weighing the baby is a good way to tell. Most babies will lose a bit of weight in the beginning but should be back to their birth weight within 2 weeks. Afterwards they should gain about 1.5 lb per month, or at least 6 oz per week.

GETTING STARTED

- Breastfeeding as soon as possible after delivery is associated with increased success of breastfeeding. It also assists delivery of the placenta and reduces blood loss for mom.
- Watch your baby for cues (sucking on fist, rooting) It is best to nurse according to baby's cues and not a determined schedule. As your baby develops her needs change, and your breastmilk changes to perfectly match! Let her tell you when she needs to eat.
- Start on the side that feels the fullest. Offer the other breast after emptying the first.

HOW

You will also know if baby is getting enough by how frequently she nurses. A normal newborn should have at least 8-10 feedings in 24 hours, or be nursing every 2-3 hours.

Six or more wet diapers per day should also be expected along with about 3 bowel movements per day. Breastfed newborn bowel movements resemble a grainy mustard mixture..

Reference:

Torgus, J. & Gotsch, G. (2004). The womanly art of breastfeeding.(7th ed.) New York: Plume.

- Position yourself comfortably- you might be there a while!
- Have a glass of water nearby.
- Baby should be positioned tummy to your tummy and knees pulled in close to you. Support the baby's head with either the hand of the opposite arm or the forearm of the side you are nursing on. Bring the baby to the breast, positioning her head so that your nipple is pointing towards the roof of her mouth. You can "bop" her in the nose with your nipple, eliciting a wide mouth response. Quickly move her onto the breast!
- Do not allow baby to latch incorrectly. Make sure the lips are flared and that the latch is asymmetrical.
- Avoid supplementing unnecessarily or offering pacifiers early on to avoid confusing your baby while she learns.