



## BREASTFEEDING BABIES AND CHILDREN

### Keys to successful breastfeeding

#### First three days

##### **Start early:**

- Breastfeed your baby in the first hour after birth
- Offer your breast every few hours

##### **Keep your baby skin-to-skin:**

- Cuddle skin-to-skin with your baby between feedings
- Helps your baby to
  - stay warm
  - recover from the birth
  - to follow the instinct to latch and suck at the breast
- **Place baby vertical on your chest before each feeding and wait for baby to move towards the breast**

##### **Get a good latch at every feeding:**

- Touch nipple to baby's upper lip then **WAIT FOR BABY TO LATCH**
- Should not hurt
- Usually "off-centre" with more of the areola covered on the side closest to baby's chin
- Nipples do not look pinched or white after feeding



*The size of an average feeding in the first 24 hours is only 7 ml of colostrum. This is the perfect size for your baby's small tummy*

You've got what it takes!

For more information call **Health Connection** at 1-800-361-5653



**Feed your baby whenever you see signs of hunger:**

- Hand movements, tongue sticking out, little noises, head movements and putting hands to mouth

**Keep track of the number of breastfeedings in each 24 hours:**

- Count the number of breastfeedings in each 24 hours - easier than counting the time between feedings or the frequency of feedings
- Expect about 8-12 breastfeedings each 24 hours

**Count your baby's diapers:**

*Diapers are the best way to tell if your baby is getting enough breastmilk*

Day 1	1 wet diaper, 1 black stool
Day 2	2 wet diapers, 1-2 brown stools
Day 3	3 wet diaper, 2-3 lighter brown stools
Day 4	4 <b>heavy</b> wet diapers, at least 2-3 yellow stools
Day 5	5 <b>heavy</b> wet diapers, at least 2-3 yellow stools
Day 6 on	6 <b>heavy</b> wet diapers, at least 2-3 yellow stools which may be runny and seedy

Speak to a Public Health Nurse, or your Health Care Provider, right away if your baby is not having the right diapers for your baby's age

**Expect your baby to cluster feedings together:**

- Babies will often cluster some of their feedings together - such as 3 feedings in 4 hours – and then have longer periods between other feedings
- Watch your baby, not the clock

**Avoid long stretches without breastfeeding:**

- Okay to have **one** long stretch of up to 4 – 5 hours without feeding in each 24 hours
- Some babies do not have long stretches between any of their feedings

**Colostrum**

- Is the early breastmilk your baby gets in the first few days
- May be thick, yellow, creamy, white or other colours
- Is high in protein and immune factors
- Helps your baby to pass meconium and reduces jaundice
- Helps maintain your baby's blood sugar

## After the third day

### **Expect your breastmilk supply to increase about 72 hours after birth:**

- Breastmilk gradually changes from colostrum to mature breastmilk over the first two weeks
- Volume will increase if you breastfeed 8-12 times each 24 hours
- Your baby does not need large amounts of breastmilk until the third day



### **Avoid engorgement:**

- Painful, hard breasts can be avoided
- Should be treated with cold to reduce swelling, not heat

### **Remember your breastmilk supply works by supply and demand:**

- The more often your baby breastfeeds, and the more swallowing baby does at the breast, the more breastmilk you will make

### **Finish the first breast first:**

- Keep your baby on the first breast as long as you are hearing lots of swallows
- Switch sides when breast feels softer and there are less swallows.

### **Help your baby to get over the birth:**

- Long or difficult birth, an epidural, or suctioning after birth, can make it more difficult for baby to latch and suck well
- Baby may be unable to latch or suck well in the first few weeks
- Baby may be in pain

### **If your baby is not latching well after a tough birth:**

- Be patient and gentle
- Keep baby stripped to a diaper and cuddle him on your naked chest to help him recover from the birth and encourage his instincts to feed
- It may take days or weeks for the effects of birth to wear off

### **Avoid supplements unless really needed:**

- Most babies do not need supplements
- Fixing the latch and feeding more often can eliminate the need for supplements
- If your latch has been fixed, and your baby is still not swallowing well at the breast, then supplements may be needed for a short time

**If supplements are needed - give breastmilk:**

- You can pump your breastmilk and feed it to the baby
- Remember that formula has an impact on your child's health – do not use it unless it is really needed
- If you cannot express enough breastmilk to meet baby's needs then formula should be given in addition to breastmilk
- Talk to a Public Health Nurse or International Board Certified Lactation Consultant (IBCLC) about how to give extra breastmilk or formula to your baby

**Avoid bottle nipples and pacifiers in the first 4-6 weeks:**

- Wait until breastfeeding is going well before offering a bottle or pacifier to your baby – they can confuse some babies when they are still learning how to breastfeed
- Bottles may be appropriate for some babies if they are not able to breastfeed well until they are able to breastfeed
- Some babies never use pacifiers or bottles

**Try different positions:**

- Cross cradle or football work well for the first 2 weeks
- Try cradle hold and lying down – these are more comfortable and work well after 2 weeks of age



**Exclusively breastfeed until 6 months:**

- Babies do not need any foods or drinks other than breastmilk until 6 months of age
- Start solid foods at 6 months when your baby shows signs of readiness

**Do not give water in the first 6 months:**

- Water can increase jaundice in a newborn
- Water replaces needed calories
- Even on hot summer days your breastfed baby does not need water