

BREASTFEEDING



EARLY START

- Put baby to the breast to nurse as soon as possible after birth.

LATCHING ON

- Sit back comfortably (don't lean over baby)
- Place baby's head in crook of elbow. Pull baby's feet in close to other side. Hold baby at level of breast. **BABY'S FACE AND BODY ARE TURNED TOWARDS MOTHER.**



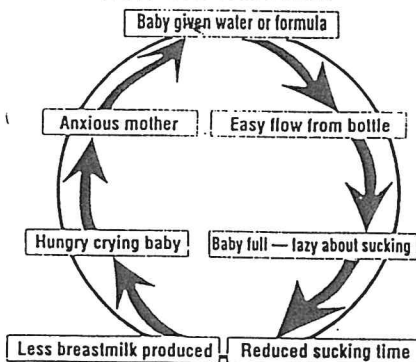
- Tickle middle of baby's lower lip, wait for him to open **WIDE.**
- Pull baby closer when ready to latch on.
- Make sure that a large part of areola is drawn in.

COLOSTRUM

- Produced in first few days.
- Small in quantity (teaspoons, not ounces).
- Protects against infection.
- Clears meconium — Helps prevent jaundice.
- Satisfies baby's thirst and hunger.

Frequent breastfeeding stimulates milk production. It is not true that resting the breasts results in more milk.

WHY NO BOTTLE?



BABY NEEDS NIGHT FEEDINGS

Easily digested breastmilk passes quickly through the digestive system. This is why breastfed babies wake at night.



HOW OFTEN?

Baby needs to nurse 10-14 times in 24 hours. The more you nurse, the more milk you will have.



ENGORGEMENT

- Warm showers or compresses before feeding
- Soften breast by expressing some milk
- Nurse often!



WATCH YOUR BABY... NOT THE CLOCK!

ENOUGH MILK?

*After the milk comes in ...
6-8 wet diapers
3-5 bowel movements per day means baby is getting enough breastmilk.



MILK TOO WEAK?

Never! Milk changes throughout the feeding. Express one drop of milk before and after a feeding and see the difference. Foremilk is watery to satisfy thirst. Hindmilk is creamy to satisfy hunger.



TOO MUCH MILK

- Offer one breast at a feeding.
- Offer the same breast if baby wants more soon after a feeding.
- Feeding against gravity may slow the flow.

SORE NIPPLES

REMEMBER: Correct positioning is most important for preventing sore nipples.

- Break suction before taking baby off the breast.
- Give shorter, more frequent feedings.
- Offer the least sore breast first.
- Avoid plastic against nipples.
- Use only water for washing.
- Expose to sun & air as much as possible.

BLOCKED DUCT

If milk becomes blocked a tender lump may appear in the breast.

- Apply heat
- Get plenty of rest
- Nurse frequently
- Check positioning

GROWTH SPURTS

Baby may nurse more often at times to build milk supply. "Frequency days" often occur around 3 weeks of age.

OLDER BABY — SOFTER BREAST

When the milk supply is established, breasts get softer naturally.



BACK TO WORK

- Find out about facilities at work for expressing and storing breastmilk.
- Start working only when milk supply is well-established.
- Feed as often as possible when at home.

CHOICES

Breastmilk Only

Express and store milk at work in a refrigerator. Take milk home for the next day's feeds. Frequent breastfeeding when at home.

Breast and Bottle

Express milk to feel comfortable and to stimulate lactation while at work. Use breastmilk substitutes when at work. Breastfeed when at home.

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