

GETTING STARTED

- How to hold your baby
- Helping your baby latch on
- How often to breastfeed
- Breastfeeding positions
- Fussy or sleepy baby
- Is baby getting enough?

Fussy Baby

If your baby is fussy, calm your baby with rocking, cuddling, or singing. Babies breastfeed better when they are calm. Keep your baby near you, and breastfeed when your baby first seems hungry.

Sleepy Baby

Wake your baby every two to three hours to breastfeed. Try changing your baby's diaper, removing baby's blanket and some clothing, or rubbing baby's back. If you have a sleepy baby, keep the baby near you so you can tell when your baby starts to waken. If baby's sleepiness continues, call your doctor.

You can tell if your baby is getting enough breast milk

The first milk, colostrum, comes in small amounts. It is just what your baby's body needs. In the first few days, your baby will have one or two wet diapers and stools each 24 hours.

Your breast milk becomes more plentiful three or four days after your baby's birth. It is easier to hear the soft "ka, ka" sound as your baby swallows. Now your baby should

- swallow often after the milk begins to flow,
- use more diapers each day, and
- (by day five) have six wet diapers and three soft,
- yellow stools each 24 hours.

Ensure a good milk supply and a good weight gain for your baby by

- holding and latching your baby on correctly, and
- breastfeeding 8 to 12 times each 24 hours.

Seek help if your baby does not have enough wet diapers and stools three to four days after birth.

Who to call for help

These early days are full of new experiences for you and your baby. During the first week home, call someone who helps mothers and babies with breastfeeding. Ask lots of questions to be sure breastfeeding is off to a good start. Breastfeeding benefits you and your baby in so many ways.

Call a lactation consultant, health care provider, hospital nursery, La Leche League or a WIC breastfeeding specialist at your local WIC clinic or 1-877- WIC-KIDS.

Beginning to Breastfeed

Newborn babies welcome the comfort of your arms and the chance to try breastfeeding. Breastfeed as soon as possible after birth. Colostrum, the first milk, protects your baby from germs and sickness. Breastfeed often. You will give your baby a good supply of colostrum and

- help your baby learn to breastfeed,
- increase your milk supply,
- keep your breasts from getting too full, and
- help your uterus return to normal size.

Starting the feeding

Relax and make yourself comfortable. Sit up or lie in bed. Ask a nurse to help you start breastfeeding. Many mothers need some help at first.

Holding your baby

Turn your baby's whole body-face, tummy, and knees - toward you.

Bring your baby's chest close to your chest. Your nipple should be level with your baby's mouth. A pillow or folded blanket on your lap can support your arm and your baby.



Helping your baby latch on

Support your breast with your fingers below and your thumb above.

Keep your hand behind the darker skin around the nipple.

Lightly tickle your baby's lower lip with your nipple.

After a few tries, your baby will open wide, as if to yawn.

Quickly pull the baby in close to you and aim the nipple toward the back of the roof of the baby's mouth. About

an inch of the darker skin around the nipple should be in your baby's mouth. Your baby will latch on and begin to suck strongly. Baby's nose and chin should touch the breast. Baby's lips should be curled out, not tucked in.

Sometimes it takes several tries to latch on well.

If you need to, put your finger between your baby's gums to help baby let go.



Ending the feeding

Babies suck actively, rest, then suck actively again. They let go as they feel full.

Try burping your baby, then offer the other breast. Let your nipples air dry for several minutes after each feeding to prevent soreness.

Start one feeding on one breast and the next feeding on the other breast.

How often and how long to feed your baby

Newborns are hungry often. Their stomachs are small, about the size of one of their fists.

They tell you they are hungry by:

- sucking on their hands,
- rooting (opening their mouth wide and searching for milk)
- wiggling
- making sucking sounds
- fussing

- crying (this is a late sign of hunger and feeding may be more difficult)

Each baby is different. Some babies feed a short time and need coaxing to continue. Some babies feed happily for 20 minutes or more. Sometimes babies breastfeed off and on for several hours and then take a long nap. Your baby needs 8 to 12 feedings each 24 hours.

Learning to breastfeed

It takes some practice for breastfeeding to go smoothly. In the early days and weeks, avoid using bottles or pacifiers.

A baby sucks differently on a bottle or pacifier nipple and may become confused. Bottles and pacifiers can keep you from making enough milk.



The more your baby breastfeeds, the more milk your body makes.

Breastfeeding positions

Cradle Holds

Support your baby with your arm, and your breast with your hand. Or support your baby's head and shoulders with one hand, and your breast with the other hand.



Side Hold

Place your baby on a pillow at your side, with baby's body under your arm.



Lying Down

Put a pillow behind your back for support. Keep baby turned toward you. If your baby falls asleep and you want to rest too, put baby's back against your chest. Then your baby can breathe freely.



You can tell if your baby is getting enough breast milk

The first milk, colostrum, comes in small amounts. It's just what your baby's body needs. Your breast milk becomes more plentiful three or four days after your baby's birth. Watch for these signs that your baby is eating well:

- Baby is alert and active.
- You can hear or see baby swallow.
- Breastfeeds at least 8 times in 24 hours.
- Returns to birth weight after about one week.
- Gains about 4-8 ounces a week after the first week.
- Has plenty of wet and dirty diapers for his age (see chart below).

Baby's Age	Wet Diapers	Dirty Diapers*
1 Day	*	*
2 Days	**	**
3 Days	***	**
4 Days	****	***
5 Days	*****	***
6 Days	*****	****
7 Days	*****	****

*A dirty diaper is a stain the size of baby's fist or at least one teaspoon of solid material.

When should I call my health care provider?

If your baby:

- Has a dry mouth.
- Has red-colored urine.
- Has yellow skin (jaundice).
- Does not have enough wet or dirty diapers (see chart above).
- Will not wake up to eat at least 8 times in 24 hours.
- Shows any signs that he isn't getting enough.
- You have any concerns.

Links for Breastfeeding Help

Breastfeeding Questions and Concerns

Breastfeedforall.org—http://www.breastfeedforall.org/more_info/more_info.html

Breastfeeding.org— <http://www.breastfeeding.org/bfarticles.html>

Breastfeeding Basics—[http://www.breastfeedingbasics.org/cgi-](http://www.breastfeedingbasics.org/cgi-bin/deliver.cgi/content/Introduction/index.html)

[bin/deliver.cgi/content/Introduction/index.html](http://www.breastfeedingbasics.org/cgi-bin/deliver.cgi/content/Introduction/index.html)

University of Arizona Health Sciences Center—

<http://video.biocom.arizona.edu/video/videolibrary/Lactation/default.html>

Milk Banks

Human Milk Banking Association of North America—

<http://www.hmbana.org/index.php?mode=home>

Milkbanking.net—<http://www.milkbanking.net/index.php>



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**For more information on WIC in Utah call:
1-877-WIC-KIDS**

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