



## **ALL ABOUT BREASTFEEDING!**

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### **BREASTFEEDING BENEFITS**

#### ***Breastfeeding benefits babies:***

- Breast milk is perfectly formulated to ensure optimal growth and development.
- Breastfeeding protects against infection and disease.
- Breastfeeding protects against obesity and diabetes.
- Breastfeeding is comforting.
- Babies who are breastfed have higher intelligence scores.
- Breastfeeding gives your baby the comfort of being close to you as well as the comfort of sucking.

#### ***Breastfeeding benefits mothers:***

- Women who breastfeed have less breast and ovarian cancer, diabetes, osteoporosis, rheumatoid arthritis, and depression.
- Women who breastfeed return to pre-pregnancy weight more quickly.
- Breastfeeding burns 500 calories per day!

#### ***Breastfeeding saves time and money:***

- Formula costs more than \$1700 a year plus supplies. Breastfeeding is free!
- Formula takes time to buy, mix, and prepare for feeding.
- Formula is harder for your baby to digest.

#### ***Breastfeeding makes you and your baby feel relaxed:***

- Breastfeeding decreases stress hormones in you and your baby.
- Breastfeeding relieves baby's discomfort.
- Your breast milk changes as the baby grows to give baby the nutrition he needs! Since the nutrients come from mom, it perfectly matches the baby's digestion and is digested rapidly and easily.

### **BREASTFEEDING BASICS**

#### ***Breast milk is all your baby needs for the first six months of life.***

- Babies need no other food or fluid, including water.
- The American Academy of Pediatrics recommends exclusive breastfeeding for the first 6 months of life, however baby foods can be introduced as early as 4 months.

#### ***The first milk is Colostrum:***

- Colostrum is concentrated milk that your breasts produce starting in the middle of pregnancy.
- Colostrum is perfectly formulated to give your baby a healthy start in life.
- Colostrum gives your baby protection against disease.
- The amount of Colostrum is small during the first few days so the baby's stomach will not be overfilled. This is important while the baby is learning to coordinate sucking, swallowing, and breathing.
- Babies' stomachs are very tiny at birth and grow a little larger each day. Milk production increases gradually every day, matching the baby's stomach size.

### ***Babies are born with extra fluid stores:***

- This extra fluid is used over the first few days while their stomach is too small to accommodate much fluid.
- The weight loss babies normally experience in the first few days is simply loss of this "water weight".
- Most babies lose 7-8% of their body weight in the first few days after birth. This is normal.

### ***Learn about Breastfeeding; and have a support system:***

- Before your baby is due, consider taking a breastfeeding class at the hospital you will deliver at.
- Make plans to have help once you bring your baby home. It will be your job to take care of the baby; find someone whose job it will be to take care of you.
- After you deliver, ask for help from the hospital staff. The nurses are specially trained to assist you and your baby in learning to breastfeed. You and your baby learn to breastfeed together!
- After you leave the hospital, schedule a follow up lactation consultation with Janis Wilbert at Forest Lane Pediatrics.

### ***The first few days:***

- **Day of birth:** Place your baby on your chest right after birth, with his skin next to yours. Your baby may crawl to your breast and attach with very little assistance! After the first few hours, the baby may be sleepy. Take this time to sleep yourself.
- **Day one:** Your baby will likely be very sleepy. Most of your energy will be spent waking her up and keeping her awake for feedings. Pay attention to the clock; make sure your baby nurses at least every 2-3 hours during the day, and at least every 3 hours at night.
- **Day two:** Any adrenaline rush you may have had will have definitely worn off by this time and doubt about your ability to breastfeed may start creeping in – hang in there! Your doctor will make sure your baby is getting enough food, just keep working on getting a good latch and making sure your baby is eating frequently. If some feeds are easy, and others are utter disasters, don't worry; this is common for most mothers. On day two or three, most babies will become hungry and want to be at the breast very frequently. This is okay, simply feed as often as he wants. You cannot over feed your baby at this age; if he wants to eat, he gets to eat!
- **Day three:** For most moms, the milk will come in today. You may notice your breasts getting fuller (engorgement) and the milk changing to be more fluid in nature. Let your baby end the feeding by falling asleep or detaching herself. Let her finish on one breast, then offer her the other.

## BREASTFEEDING-LATCHING & POSITIONING

### **How do I latch my baby to my breast?**

Hold your baby close, next to your skin, tummy to tummy. Press his chin into your breast with your nipple just opposite his nose. Tickle the baby's upper lip with your nipple to make his mouth open wide, like a yawn. Hold your hand behind the baby's neck and shoulders. This will allow the baby to tip his head back so he can open his mouth wider. Use your other hand to support the breast and compress it slightly in the same direction as his lips. This will help him to get more of a mouthful. When your baby's mouth is wide open, bring him to your breast quickly to help baby get more breast into his mouth. Baby should latch on to the areola, not just the nipple. This will enable baby to get more milk. If you feel discomfort with nursing, baby may not have enough breast tissue in his mouth. Insert your finger between his jaws and the breast tissue to break suction, and then re-latch.

### **Breastfeeding positions:**

- **Cross-cradle:** Hold baby tummy to tummy. Hold your forearm along baby's back, with your hand supporting baby's neck and shoulders. Your other hand supports the breast like a U.
- **Football:** Baby's body is under your arm and your hand supports his neck and shoulders. Baby's head is under the breast, looking up at you. Your other hand supports the breast like a C.
- **Side-lying:** You can rest while your baby feeds! Lay on your side, baby tummy to tummy with you. Use your upper arm to support your breast in a C hold.



When baby's mouth opens wide, press baby onto breast with your lower hand between baby's shoulder blades. Another way is to hold your body up on one elbow. Place baby on her back, under your breast. Use your upper hand to support the breast in C hold. Tickle the baby's lip to get a wide gape then lower your breast into baby's mouth. Once baby is latched and sucking, pull out your lower arm and lay on your side.