

Breastfeeding in the first few weeks

- Give yourself and baby time to learn how to breastfeed. It can take up to 6 weeks to learn.
- Keep your baby awake and actively feeding by having them safely skin-to-skin. Talking and rubbing feet or head helps to keep them awake as well.
- Massage your breast during feeding to help the milk flow.
- Offer both breasts at each feeding. Let baby stay on one side until breast feels 'soft' before switching to the other side.
- Listen for a soft 'ka' sound. This is baby swallowing after sucking.
- Expect baby to feed **more often at night**. This is normal.
- Keep track of:
 - feedings (8 or more in 24 hrs)
 - number of wet and dirty diapers

You know you are making more milk when your baby has more wet/dirty diapers and is gaining weight.

As baby grows, how often baby feeds will change – more often or less often. You will still make enough milk for your baby.

Feed baby only breast milk for 6 months. Continue for 2 years and beyond as you add solid food (starting at 6 months).

Breastfeeding a sleepy baby

- Remember to safely feed skin-to-skin. Babies have an easier time staying awake skin-to-skin. Mother's body keeps baby warm enough.
- Sucking can be hard work for some babies. Help your baby get more milk by massaging the breast from the top and sides towards the nipple (without touching the nipple) while baby is sucking.
- If baby is still sleepy, take baby off the breast. Gently wake the baby up then offer the other breast.
- If baby sleeps longer than 3 to 4 hours, help baby wake up by placing skin-to-skin.

Before you leave the hospital

- You can ask your nurse to watch you and your baby breastfeed. This is a good time to ask questions and get tips.

More about Breastfeeding

Fraser Health - search Breastfeeding
fraserhealth.ca or tinyurl.com/y6nwkzac

HealthLinkBC – Breastfeeding
healthlinkbc.ca/healthlinkbc-files/breastfeeding or tinyurl.com/y5n2mjyh

Baby's Best Chance
healthlinkbc.ca/babys-best-chance



When you get home

A Public Health nurse calls you once you are home to see how you are doing with breastfeeding.

Anytime you have questions or concerns about breastfeeding, call:

- your Public Health Nurse (8:30 a.m. to 4:00 p.m.)
- HealthLinkBC 8-1-1 any time (open 24 hours)
Available in 130 languages. For an interpreter, say your language in English. Wait until an interpreter comes on the phone.

If waiting to get help, hand express or pump every 3 to 4 hours to keep breastmilk flowing (learn how in 'Baby's Best Chance'). Feed your baby this breastmilk.

Public Health Units

Abbotsford	604-864-3400
Agassiz	604-793-7160
Burnaby	604-918-7605
Chilliwack	604-702-4900
Delta - North	604-507-5400
Delta - South	604-952-3550
Hope	604-860-7630
Langley	604-539-2900
Maple Ridge	604-476-7000
Mission	604-814-5500
New Westminster	604-777-6740
Surrey – Cloverdale	604-575-5100
Surrey - Guildford	604-587-4750
Surrey - Newton	604-529-2000
Surrey - North	604-587-7900
Tri-Cities	604-949-7200
White Rock – South Surrey	604-542-4000

www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

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To order: patienteduc.fraserhealth.ca

Breastfeeding Your Newborn



 **fraserhealth**

Breastfeeding Basics

- Do as much safe skin-to-skin with your baby as possible. The more the better.
- Offer the breast 8 or more times in 24 hours. Baby's job is to make the milk supply by suckling often. No need to limit the number of feeds.
- Respond to baby's hunger signs such as licking lips, sucking hands, moving the head side to side, and searching for the breast. Crying is a late sign.

Safe Skin-To-Skin

- Sit upright or in a slightly reclined position.
- Undress baby to be in just a diaper.
- Hold baby bare chest to bare chest.
- Turn baby's head to one side so they can breathe easily. Make sure you can see baby's face.
- Drape a light blanket on baby's back if you want.

Letting baby take the lead

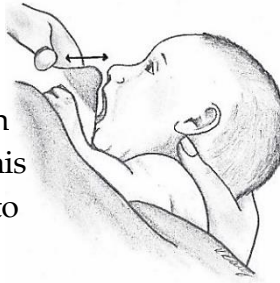
- Get into a comfortable laid-back position.
- Place baby skin-to-skin between your breasts, with baby's whole front touching you.
- Let gravity and your arms support baby, as they smell their way onto the breast.
- Give baby time to find your breasts. Relax and help baby as needed.



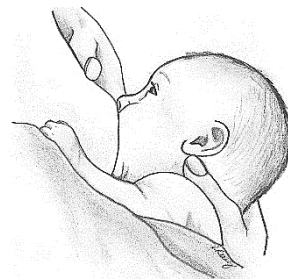
Laid-back Breastfeeding

Helping baby to latch on

- Support baby's neck and shoulders, not the head.
- Use your other hand to support your breast, keeping your fingers back away from the darker area around the nipple (the areola).
- Rest baby's chin on the breast, nose to nipple. Your thumb should be in line with baby's nose. This tilts baby's head back into the 'drinking position'.
- If you like, hand express a drop or two of milk onto your nipple for baby to smell or taste.
- Gently touch baby's upper lip with the nipple, then aim the nipple high into baby's mouth.
- Wait for baby to open mouth wide, and then bring baby in close.



Baby's chin should be deep in the breast and nose away from the breast.



Breastfeeding in the first few days

In the first 24 hrs:

- Breastfeed as soon as possible after birth.
- Place baby safely skin-to-skin right away after birth for at least 1 hour, or until baby has finished their first feed (unless there is a medical reason to delay). Partners can do skin to skin if mom is not able.
- After the first feed, your baby might sleep for several hours. (Being born is hard work!)
- Breastfeed your baby when they are showing hunger signs.
- The first milk a mother makes is called colostrum.

Colostrum is:

- a thick, sticky, yellowish liquid
- easy to digest and very good for baby
- rich in Vitamin A, protein, minerals, and antibodies (these protect your baby from viruses and bacteria and help your baby grow)

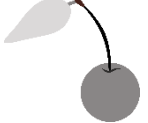


In the early weeks:

- Babies wake up and want to feed often both day and night.
- When babies feed often over short periods then sleep for 3 to 4 hours, we call this 'cluster feeding'. This is normal!
- Baby will feed 8 or more times every 24 hours (day and night). You might need to gently wake baby up to feed.



Knowing baby is getting enough

People worry that there isn't enough milk when baby wants to feed often (even at night). Actually, this is baby's way of getting mother's body to make more milk. Also, baby's tummy starts out very small and can only take a little milk at a time.

How big is baby's stomach?

Day 1 Size of a cherry	
Day 3 Size of a walnut	
Day 7 Size of an apricot	

You know baby is getting enough when baby has more pees (wet diapers) and poops (bowel movements) each day.

	Wet Diaper 	Bowel Movement 
Day 1	1 or more	1 or 2 black or dark green
Day 2	2 or more	
Day 3	3 or more	At least 3 brown, green, or yellow
Day 4	4 or more	
Day 5 +	6 or more	At least 3 large yellow