

Get Breastfeeding Off to a Good Start



Breastfeeding is the normal and healthiest way to feed your baby



Before baby is born

- Call your local Public Health Unit before baby is born for breastfeeding information and free classes. (see back panel)
- Speak to a Public Health nurse in your area if no classes are available.

When baby is born

- Think 'early'**
- Give your baby safe skin-to-skin contact* right away for at least 1 hour, most of the first 24 hours, and then as much as possible (unless there is a medical reason to delay).
 - Breastfeed your baby as soon as possible.

- Think 'only'**
- Only give your baby breast milk for the first 6 months (unless there is a medical reason to give a milk substitute).
 - Make time for just you and your baby. Ask visitors to give you time to breastfeed.

- Think 'often'**
- Breastfeed when your baby shows signs they are hungry such as licking lips, sucking hands, moving the head side to side, and searching for the breast. Crying is a late sign. Don't wait until they cry.
 - Offer the breast 8 or more times in 24 hours. You might need to gently wake baby up to feed in the early weeks.

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

*Safe skin-to-skin: sit upright or reclined, bare chest to bare chest, baby's face visible

How to know baby is getting enough

You know your baby is getting enough when:

- You hear your baby swallowing with a soft 'ka' sound after sucking.
- Your baby gradually has more wet diapers each day for the first week (up to 5 or more).
- Your baby has bowel movements (poops) often each day for the first few weeks.
- Your baby is satisfied and content after most feedings.
- Your baby has returned to their birth weight within about 2 weeks.
- Your breasts feel full before feeding and softer after feeding.

Give yourself and baby time to learn how to breastfeed. It can take up to 6 weeks to learn. A Public Health nurse calls you once you are home to see how you are doing with breastfeeding.

Get help when you need it

If your baby is not latching and/or you have pain while feeding, get help.

Call your local Public Health nurse (8:30 a.m. - 4:00 p.m.). To speak to a registered nurse after hours, call 8-1-1.

HealthLinkBC

8-1-1

Open 24 hours.

Available in 130 languages. For an interpreter, say your language in English. Wait until an interpreter comes on the phone.

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

Helpful Websites

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

LaLeche League llc.ca



Government of Canada – search
'Breastfeeding your baby Canada'
tinyurl.com/y25x22kq

Kelly Mom – Parenting
and Breastfeeding
kellymom.com



International Breastfeeding Centre

ibconline.ca



LactMed Drugs and Lactation Database - A medical site about
breastfeeding and medicines toxnet.nlm.nih.gov/newtoxnet/lactmed.htm
or tinyurl.com/jyy4e9n



Public Health Units

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

www.fraserhealth.ca

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

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