

Get Breastfeeding or Chestfeeding Off to a Good Start



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Breastfeeding or chestfeeding
is the normal and healthiest way to feed your baby.



Before baby is born

After you have completed your Fraser Health's Prenatal Registration, a public health nurse might contact you. This is a good time to ask your questions about infant feeding options.

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).

Feed your baby your milk as soon as possible.

Think 'only' Only give your baby your 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 hold and feed your baby.

Think 'often' Breastfeed / chestfeed when your baby shows signs they are hungry such as licking lips, sucking hands, moving the head side to side, and searching for the nipple. Crying is a late sign. Don't wait until they cry.

Offer your milk 8 or more times in 24 hours. Your baby might feed often over a short time (call cluster feeding). This does not mean they need extra milk or that you do not have enough milk. This is normal.

In the early days, your baby might be more sleepy and you will often need to wake your baby to feed.

Ways to wake your baby: *undress them, hold them safely skin-to-skin, talk to them, change their diaper, touch them softly*

Think 'ahead' Feed baby only your 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 head turned to the side, neck is straight (not bent forward or backward), baby's face visible. See "[Safe Skin-to-skin](#)" for more.



How to know baby is getting enough

You know your baby is getting enough when:

- You respond to your baby's early hunger signs, letting your baby, not the clock, guide when you feed.
- You hear your baby make a soft 'ka' sound then swallow your milk when they are latched deeply.
- Your baby is satisfied and content after most feedings.
- Your breast or chest tissue feels full before feeding and softer after feeding.
- 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 has returned to their birth weight within about 2 weeks.

Signs baby is full

- Releases from the breast or chest tissue
- Opens hands and relaxes arms
- Becomes sleepy
- Looks completely relaxed or "milk drunk"
- Refuses an offered breast or chest tissue
- Pushes away

Give yourself and your baby time to learn how to breastfeed or chestfeed. It can take up to 6 weeks to learn this new skill. A Public Health nurse calls you once you are home to see how you and your baby are doing. If you miss this call, they leave a message with a number to call back. Please return their call.

Get help when you need it

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

Call your local Public Health nurse (8:30 a.m. to 4:00 p.m.).

After hours, call 8-1-1 to speak to a registered nurse at HealthLinkBC.

While waiting for help, hand express or pump every 3 to 4 hours to keep your milk flowing. Feed this milk to your baby.

To learn more, check 'Baby's Best Chance' and our online modules (see back page).

Helpful Websites



Fraser Health “Breastfeeding/chestfeeding” [fraserhealth.ca](https://www.fraserhealth.ca)
tinyurl.com/FHBF-CF

Includes online modules, videos, and other resources

HealthLinkBC – Breastfeeding

healthlinkbc.ca/healthlinkbc-files/breastfeeding
 or tinyurl.com/HLBC-BF



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

LaLeche League
llc.ca/information-sheets



Government of Canada
 “Breastfeeding your baby Canada”
tinyurl.com/GovCanada-BF

Kelly Mom
 Parenting and Breastfeeding
kellymom.com



International Breastfeeding Centre ibconline.ca

LactMed Drugs and Lactation Database - A medical site about
 breastfeeding and medicines ncbi.nlm.nih.gov/books/NBK501922
 or tinyurl.com/nihlactmed



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		

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.

www.fraserhealth.ca

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

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For more copies: patienteduc.fraserhealth.ca