

Breastfeeding Tips

- Breastfeeding your new baby should be an enjoyable experience. Getting off to a good start may be challenging, but the first two weeks are so important that using your breastfeeding resources will be paramount to being a successful nursing mother.
- Put your baby to the breast as soon as possible after birth, preferably within the first half hour. Colostrum, the early milk in your breasts, comes in drips and drops. This is precious stuff. Your baby's first few feeds should be colostrum. It is possibly the most important food your baby will ever have.
- Room-in with your baby. This will allow you respond to your baby everytime your baby is awake and ready to nurse. Contrary to the popular belief, you will be able to rest very well, even if you room-in. Newborn babies sleep a lot in the first 24 hrs. This is your opportunity to catch up on some much needed rest. Try to feed him every 1-2 hrs while he is awake. Your baby may take some long naps, up to 3 or 4 hrs. This is normal. He will make up for it at other times by nursing very frequently.
- Follow your babies lead. Babies are hard-wired to nurse. They are born with reflexes such as stepping, rooting and sucking, which allow them to latch on and nurse.
- A good latch is the key to successful breastfeeding. Babies latch on to the breast (not the nipple). It is important to get a deep latch with the baby held securely close to your body. Never push the baby's head in your breast or force it in any way. It should be slightly tilted back so the baby can open his mouth wide and latch on to the breast.
- A good indicator of intake will also be the number of wet and dirty diapers that your baby has. Babies should have a minimum of 5-6 wet diapers in a 24 hour period by day 4 or 5 of life and 4-12 abundant and yellow stool diapers per day by the 7th day of life.
- Keep a journal indicating how often baby feeds well at the breast, how many wet and dirty diapers the baby has per day.
- Mom's often need help in the first few days with latch, sore nipples, and sometimes engorgement.
- To find a lactation consultant in your neighborhood, go to the website of the international lactation consultants at ilca.org.

