



## GETTING STARTED WITH BREASTFEEDING

### TO LEARN MORE

Click the links below:

- › [Breastfeeding in the first hours](#)
- › [How to express breastmilk](#)
- › [Hand expression of breastmilk](#)
- › [Coffective](#)
- › [Baby's second night](#)
- › [Womenshealth.gov](#)

Here you can download Your Guide to Breastfeeding and find much more information.

### LOCAL RESOURCES:

### CELEBRATE!

Your baby is finally here! Cherish these moments. Your newborn wants to be close to you.

- › Hold baby skin to skin right after delivery, including after a C-birth, for at least the first hour.
- › Your baby is amazing. She will rest on you right after birth and then search for and crawl to the breast when she is ready to feed.

### DID YOU KNOW?

Newborns' tummies hold just a little milk at a time (about a teaspoon). This is why your first milk is thick and in small amounts, just the right amount for your baby.

### BREASTFEED BABY OFTEN

- › She wants to be near you. Let the hospital know you want to keep your baby in your room so that you know when she is hungry.
- › Your breasts may not feel full yet, but you do have milk. Keep breastfeeding; your supply will grow with her tummy.
- › Hand expressing is helpful if your baby is not a great feeder just yet and can help build your milk supply. You can feed the milk you express using a spoon.
- › Find a comfortable position that works well for you. The laid back (reclining) position is often relaxing and helps baby latch.
- › Request no pacifiers or bottles at the hospital. They can lead to missed hunger cues and an uncomfortable latch.

Do not be afraid to ask questions! If you have questions at the hospital, ask to see a lactation consultant or a nurse specializing in breastfeeding.





## WATCH FOR BABY'S CUES:

### I'M HUNGRY



- Keeps her hands near her mouth
- Bends her arms and legs
- Makes sucking noises
- Puckers her lips
- Searches for the nipple (roots)

### I'M FULL



- Sucks slower or stops sucking
- Relaxes her hands and arms
- Turns away from the nipple
- Pushes away

Watching and listening for swallowing can help you know your baby is getting milk.

## BABY IS TWO DAYS OLD!

Everything is new for your baby, including feeding. She is more alert and may wake up every hour (even at night) to feed. This is normal and may feel like it will last forever, but it will not. Enjoy the closeness. The frequent cuddling and feeding can also help build your milk supply.

When your baby wants to nurse frequently you might think that there is not enough milk, but your baby may just be missing your heartbeat. She wants to be close to you so continue holding her skin-to-skin for comfort, bonding, and to keep her warm. Need a break? Ask dad or others you trust to hold her skin- to-skin.

## DAYS 3-7

Your breasts may feel heavy and full. Feeding often will help soften them. Feeding only your milk will build your supply and help keep your breasts comfortable.

Because your newborn is growing, she will not have a set feeding pattern. Expect your baby to nurse 8-12 times or more a day.

Babies often “cluster feed” in the late afternoon or evening. You might feel like you just breastfed and baby wants to feed again. This is normal and can happen when baby is experiencing more growth.

Rest while your baby is sleeping but do not sleep together. Your baby should sleep on her back in a location, such as a safety-approved crib, near you but by herself, without loose bedding, pillows, bumper pads, blankets or toys.

Let others help you.

Call WIC, a lactation consultant, or health care provider if:

- You feel like quitting
- Baby won't wake to feed
- Breastfeeding hurts
- Your breasts do not feel heavier by the end of week 1

