

# GETTING BREASTFEEDING OFF TO A GOOD START



## What can I expect once my baby is born?

- At delivery, your baby will be put skin to skin with you for at least the first hour to help bond, calm baby, stimulate milk production and help regulate temperature, heart rate and blood sugars.
- If your unable, your partner can also do skin to skin with baby.
- Skin to skin is a powerful tool to help your baby adjust to their new environment

## Benefits Of Breastfeeding

Fewer or less severe ear infections and allergies. Decreased risk of SIDs, respiratory and gastrointestinal illnesses.

Babies are less likely to have diabetes, certain childhood cancers and obesity.



Less risk of excessive bleeding after birth and decreased risk of breast and ovarian cancer.

Breastfeeding is also natural form of child spacing through lactation amenorrhea method (LAM).

## Getting a good latch:

### Positioning:

- Line up baby's tummy with your tummy.
- Support your baby behind the neck and shoulders. Be careful not to restrict your baby's head movement.

### Latching:

- Wait for your baby to open their mouth wide like a yawn.
- Bring your baby confidently to your breast, chin first, with their head slightly tilted back.
- Remember that breastfeeding can be uncomfortable in the beginning but it shouldn't be painful! If you have pain, remove baby from the breast and relatch.

## How will I know my baby is ready to breastfeed?

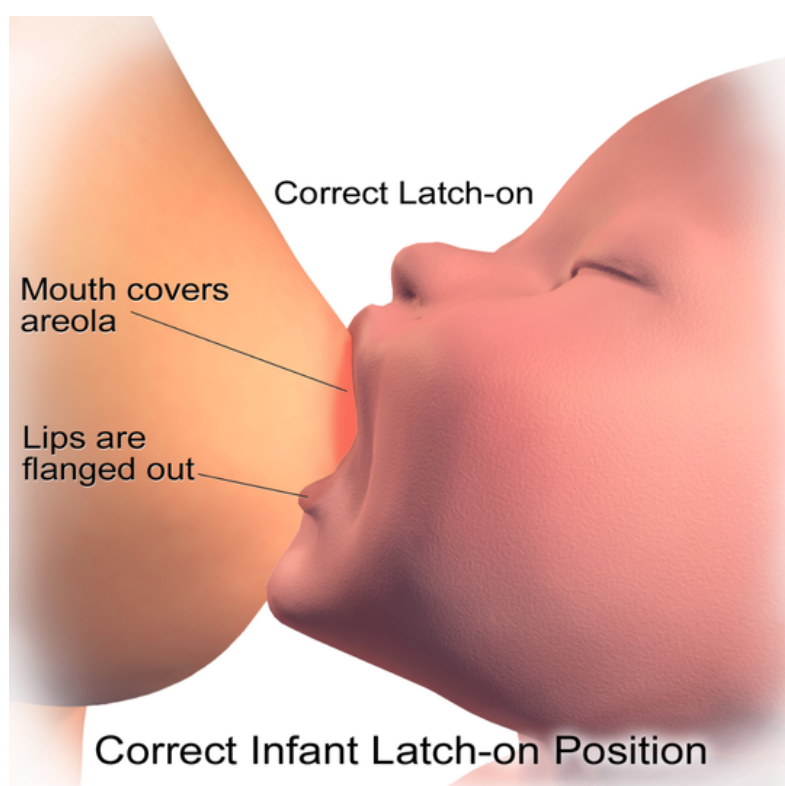
- In the first hour of life, your baby will show signs of being ready to breastfeed or try to latch on their own.
- Watch and respond to early hunger cues, this will ensure your baby is calm and takes an effective feed.
- Remember breastfeeding takes time and patience, you'll be learning with your baby and the nurses are there to support you with breastfeeding.

## Early Hunger Cues

- Smacking or licking lips
- Sucking on fingers or hands
- Turning their head to the side, also called rooting

## Late Hunger Cues

- Frantically searching for breast
- Fussing or crying. If baby begins to cry it can be more difficult to latch



## Common Breastfeeding Positions



**Laid-back nursing position**  
Used from first breastfeeding and great for anyone



**Cross-cradle hold**  
Helpful for premies, newborns, or babies with trouble latching on



**Football hold**  
Good for nursing twins, c-section recovery, large breasts, and flat or inverted nipples



**Cradle hold**  
Comfortable once baby latches on



**Side-lying position**  
Great for nighttime feedings and c-section recovery

Find the right feeding position for you and your baby! Not all positions will feel comfortable or natural. If your struggling with latch or feeding positions make sure to ask for help!

## Breastfeeding your baby

### Size of a newborn's stomach



### Signs Your Baby Is Getting Enough Milk :

- You can observe a suck, suck, suck and then swallow pattern as baby feeds. This pattern will eventually slow or stop when baby is full.
- Your baby will be content after a feed and have the ability to fall asleep.
- Baby remains relaxed when taken off the breast at the end of the feed.
- Your baby pees and poops an appropriate amount (see chart below).

Baby's Age	Wet	Poops
DAY 1 (birthday)	1 circle	1 circle
DAY 2	2 circles	3 circles
DAY 3	4 circles	3 circles
DAY 4	6 circles	3 circles
DAY 5	6 circles	3 circles
DAY 6	6 circles	3 circles
DAY 7	6 circles	3 circles

## BREASTFEEDING RESOURCES

Healthy Beginnings Hotline at 780-413-7990 Provides 24/7 phone support for parents with children younger than 2 months. After 2 months, call Health Link at 811.

For Edmonton based lactation support <https://www.edmontonbreastfeeding.com/peer-to-peer-lactation-support/>

Contact your health care provider to obtain a referral to the breastfeeding clinics at the Grey Nuns Community Hospital and the Misericordia Community Hospital.

For videos on breastfeeding: <https://globalhealthmedia.org/videos/>

## What does breastfeeding look like in the first 24-48 hours?

### What is Colostrum:

- Colostrum, sometime known as "liquid gold", is a thick sticky yellow milk that you produce during pregnancy and during the first few days after birth.
- Colostrum contains large amounts of living cells. These cells are antibodies that protect against bacteria and viruses. **Essentially it acts as babies first vaccine.**
- It is low in volume but high in nutrition and is all your baby requires in the first few days. See size of a newborn stomach chart.

### Normal Feeding Behaviour:

- At first your baby may be sleepy. You may need to try changing your baby's diaper or putting them skin to skin to encourage them to wake up and feed.
- Its very common on the **second night** for baby to feed often (cluster feed). Your baby may cry if taken off of the breast, this can be stressful for new parents but is a normal newborn behaviour.

### How Often should I be Breastfeeding:

- Breastfeeding early and often will help you make enough milk for your growing baby. The more often you feed the more milk your body will produce (think supply and demand).
- Attempt to feed a minimum of 8 times in 24 hours. You may feed more if your baby shows signs of hunger.
- Babies feed frequently during the evening and sometimes through the night. This helps to increase your milk supply.

## What will happen If I'm unable to breastfeed after the delivery?

### You may need to express your breast milk to:

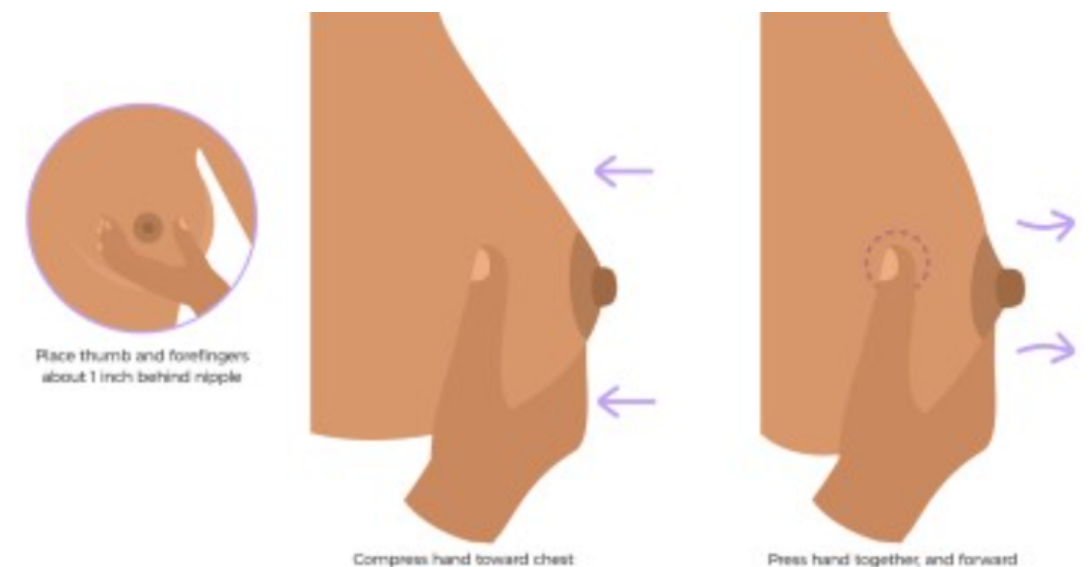
- Provide breast milk if your baby is not able to latch, is sick or preterm, or if you are away from baby.
- Soften your breasts before feeding if your breasts are full or engorged.
- Maintain your milk supply if you are unable to breastfeed.
- You may use a breast pump to express or try hand expression.
- You can give expressed milk to your baby with a spoon or small cup.

### How To Hand Express

1. With clean hands, gently massage your breast, stroking downward towards the areola.

2. Hold your breast with one hand, just behind the areola and gently press inwards towards your chest.

3. Lightly compress your thumb and fingers together in a rolling motion towards the nipple. Relax and then repeat motion .



### How To Store Freshly Expressed Breastmilk

**Room Temp:**  
4 hours

**Fridge:**  
96 hours

**Fridge Freezer:**  
3 Months

**Deep Freeze:**  
12 Months

**Cooler bag with an ice pack:**  
24 hours

### USING FROZEN BREASTMILK

- Use the breast milk that has been frozen longest first.
- To thaw breast milk, put it under warm running water or in the refrigerator. If you do not use the breast milk right away, put it in the refrigerator.
- Thawed milk must be used within 24 hours. After 24 hours, it must be thrown out.
- Do not refreeze breast milk.

Never thaw or warm breast milk in a microwave. Microwave heats milk unevenly, forms hot spots that can burn your baby, and destroy the immune components in breast milk.