Helpful Hints for Breastfeeding

Feeding Your New Baby

Getting Started

❖ You don’t have to do anything special to get ready for breastfeeding.
❖ Breastfeed your baby as soon after birth as you can.
❖ Have the hospital staff help you.
❖ Baby should "latch on" by taking most of the darker skin around the nipple.
❖ Sucking just on the end of the nipple can cause soreness.

Settling In

❖ Breastfeed whenever your baby seems hungry, not by a schedule. New babies should nurse at least every two to three hours. They might nurse 10 to 12 times a day.
❖ When your milk changes, or "comes in" (about 3 to 5 days after birth), your breasts might feel very full. If your baby has trouble latching on, try pumping or hand expressing some milk out first, or place a warm, soothing washcloth on your breast before nursing.

Your newborn is getting enough breastmilk if she...

❖ nurses 8 to 12 times a day and
❖ you hear rapid swallowing
❖ has 6 to 8 wet diapers a day
❖ has at least two dirty diapers a day
❖ is gaining weight

When your baby goes through a growth spurt and seems more hungry, nurse more often. Soon you will make more milk.

If you have any questions, call your health care provider.

If you go back to school or work, you can still breast-feed!

❖ Introduce a bottle once breastfeeding is going smoothly.
❖ Express your milk so it can be fed from a bottle. (Breastmilk will keep in the refrigerator in a clean container up to five days, or it can be kept frozen up to 3 to 4 months.)
❖ Or, breast-feed when you are home. Use formula when you are away.