



Breastfeeding Committee of
Saskatchewan

Quick Facts

- Mother's milk comes in between 1 1/2 – 5 days.
- Frequent breastfeeding can help lessen newborn jaundice.

**For further information,
contact a
Lactation Consultant,
Public Health Nurse,
your Doctor
or local Maternity Ward**

Breastfeeding

Why We Don't Routinely Supplement Breastfed Babies

Did you know?

- Babies are born with enough fluids in their body to last for three days.
- Mothers produce colostrum before they produce milk. Colostrum is all the food that a healthy full term baby needs.
- Babies drink about 5 – 10mls (1-2 teaspoons) of colostrum at each feeding. Babies' stomachs are very small, the size of a walnut.
- Mother's milk supply comes in between 1 1/2 – 5 days.
- For the first 24 hours babies may be sleepy. They should be encouraged to feed by unwrapping and undressing before a feeding. If they will not feed after trying for about 20 minutes, let them sleep and try again in 1 hour.
- Breastfeeding may be very frequent (8-12 times a day). Breast milk is more easily digested.
- Frequent breastfeeding can help lessen newborn jaundice.
- Your doctor may order a supplement if there is a medical reason.

Studies have shown supplementing can have a negative affect on breastfeeding by:

- stretching baby's stomach so baby is not satisfied with the amount of a normal breastfeeding.
- the baby may have trouble latching on and sucking at the breast after feeding from a bottle nipple.
- increasing engorgement by not emptying the breasts.
- the baby nursing less and therefore the mother may produce less milk.

If baby temporarily cannot breastfeed, your nurse will discuss options with you (eg. finger-feeding, cup feeding).