



Breastfeeding Committee For  
Saskatchewan

## IMPORTANT

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

*The first milk choice is your own expressed breast milk. If artificial baby milk (formula) is used discuss the possible health risks with your health care provider.*

For further information contact:

*Local Public Health Nurse*

*Lactation Consultant*

*Local Health Care  
Provider*

*Local breastfeeding support  
group*

***HealthLine***  
**1-877-800-0002**

# Breastfeeding

## A Healthy Breastfeeding Baby Does Not Need Supplementation

### Did you know?

- Babies are born with enough fluid in their body to last for 3 days.
- Mothers produce colostrum before they produce milk. Colostrum is all that a healthy full term baby needs for the first few days of life.
- Babies get about 5 to 10mL (1-2 teaspoons) of colostrum at each breast feeding. That amount fits babies' stomachs perfectly as their stomachs are very small (the size of a chickpea).
- Mother's milk changes from colostrum to mature milk in between 1 1/2 to 5 days.
- For the first 24 hours your baby may be sleepy. By unwrapping and undressing your baby before a feeding, he/she may stay awake. Place the baby skin to skin. If your baby will not feed after trying for about 20 minutes, let him/her sleep for 1 hour and try again.
- Breastfeeding may be very frequent (at least 8 times a day), as babies digest breast milk more easily.
- Frequent breastfeeding can help lessen newborn jaundice.

### Supplementing can have a negative affect on breastfeeding

- Extra milk may over stretch baby's stomach so he/she is not satisfied after breastfeeding alone.
- Your baby may have trouble latching on and sucking at the breast after having taken a bottle nipple.
- Your breasts become engorged because your milk is not removed from your breasts.
- If your baby is breastfeeding less you will produce less milk.
- Your doctor may order a supplement of extra milk if there is a medical reason while in hospital. At home, your health care provider may suggest a supplement if there are feeding concerns.
- If your baby is supplemented, you need to pump your breasts to drain your milk and to increase milk supply.
- If your baby temporarily cannot breastfeed, your health care provider will discuss other feeding options with you (i.e. finger-feeding, cup feeding).

*Adapted with permission from  
Regina Qu'Appelle Health Region  
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