

GOING HOME

BUILDING YOUR MILK SUPPLY:

- Feed early and often at the earliest signs of hunger
- Feed at least 8 times in 24 hours. These feedings may not follow a regular schedule.
- Avoid pacifiers or bottles at least in the first 4-8 weeks.
- Frequent feeds, not formula: only use formula if there's a medical reason.
- Sleep near your baby, even at home. Learn to nurse lying down.

FEED AT THE EARLIEST SIGNS OF HUNGER:

- Hands to mouth, sucking movements.
- Soft cooing, sighing sounds, or stretching.
- Crying is a late sign of hunger: don't wait until then!

WATCH THE BABY, NOT THE CLOCK.

- Alternate which breast you start with or start with the breast that feels most full.
- Help baby open his mouth widely: tickle his upper lip, wait for big open mouth
- If the baby is sleepy: skin-to-skin contact can encourage feeding.
 - o Remove baby's top and place him on your bare chest.
- Switch sides when swallowing slows or infant takes himself off.
- It's ok if baby doesn't take the second breast at every feed.

LOOK FOR SIGNS OF A GOOD LATCH:

- Good positioning and latch prevents pain:
 - " chest-to-chest, chin-to-breast"
 - Wide open mouth: baby's mouth covers most of the areola (dark area of breast) not just the nipple
- Your baby needs to latch deeply for you to be comfortable
- Look for a good draw action into the temple
- You should feel strong tugging, but NOT pain.
- There are no clicking or smacking sounds

LOOK FOR SIGNS OF MILK TRANSFER:

- You can hear the baby swallowing or gulping
- You may feel milk let-down:
 - o You may feel relaxed, drowsy or thirsty and you may have tingling in your breasts
 - o You may feel some contractions in your uterus, or your other breast may leak milk
- Baby's body and hands are relaxed for a short time
- Baby no longer shows signs of hunger after a feed
- Baby has adequate weight gain: follow up 2 days after discharge and again at 2 weeks

WHAT GOES IN MUST COME OUT. LOOK FOR:

- 6 or more wet/heavy diapers a day after your milk is flowing well
- 3 or more bowel movements every 24 hours after your milk is flowing well
- Bowel movements change from dark black to green/brown to loose yellow as your milk comes in (about day 3-4)

OVER TIME:

- All babies have days when they nurse more frequently. This doesn't mean you aren't making enough milk.
- Responding to feeding cues helps baby to regulate your milk supply
- Breast fullness normally lessens at about 7-10 days and it is NOT a sign of decreased milk supply
- Your milk may look thin or bluish, but it contains plenty of nutrients

THINGS TO KNOW IF YOU CHOOSE TO SHARE A BED WITH YOUR BABY:

- The bed has room for parents and baby (choosing a large enough bed, even a king size can be a practical investment). Noone but parents and baby in the bed.
- The mattress is firm and flat, not sagging.
- Avoid sleeping on waterbeds, couches and daybeds
- The baby can't fall out of bed or get stuck between the mattress and the wall.
- Avoid heavy blankets, duvets, or pillows
- Put the baby to sleep on his back
- Never leave your baby alone in or on the adult bed
- Be careful not to over dress your baby
- Be sure your partner knows that baby is in the bed
- Pets do not share the bed
- Because the risk of Sudden Infant Death Syndrome is higher in children of smokers, parents who smoke should not bedshare, but may sleep with the baby nearby.

Even very young babies can wiggle into dangerous positions

If you have questions, persistent pain or can't hear swallowing, ask for help right away!

*Breastfeeding Committee of Saskatchewan
- Adapted from: Massachusetts Breastfeeding Coalition*