

# Breastfeeding

## The Basics

A newborn needs to nurse about 8 to 12 times per day.

Signs that your baby is ready to nurse include wiggling around, making sucking movements of the mouth, putting his hands to his mouth, and rooting if his lips or cheek is touched.

Make sure you are in a comfortable position prior to nursing your baby, and make sure the baby opens wide prior to latching on.

Allow your baby to nurse until he lets go of the first breast before moving him to the second breast. On the next feeding, start nursing on the breast you finished nursing on with the last feeding. This ensures the baby gets both fore milk and hind milk at each feeding. It is okay if the baby only nurses from one breast at a feeding. Simply offer the other breast first at the next feeding. Babies nurse on average between 7-20 minutes per feeding.

Your baby should not be supplemented with anything during the first few months unless medically necessary. Your baby's healthcare provider will let you know if there is a reason to supplement.

Also, do not give your baby a pacifier in the first two weeks. This has been shown to interfere with breast feeding and actually decrease weight gain.

During the first days of breast feeding, your baby will receive colostrum at each feeding. He only needs about 1-2 tablespoons of this per feeding since his stomach is very small. After 3-5 days your milk will come in, and at that time the baby's stomach will have increased in size to hold about 1-2 ounces per feeding.

We do not measure the amount of breast milk a baby takes in; we simply count the number of wet and soiled diapers to assess if the baby is eating properly. After your milk comes in, your baby should have at least four bowel movements every day.

When your milk comes in, you may experience difficulties with getting the baby to latch on. You may need to pump some milk out to soften your breasts in order to allow for proper latch on.



## Things to Watch for

If any of the following occur, contact your baby's healthcare provider, your healthcare provider or a lactation consultant:

- Baby isn't feeding at least eight times per day.
- Baby doesn't wet at least six diapers per day and soil at least four diapers per day from one week of age through one month of age. (Less is normal prior to one week of age.)
- Sore breasts or nipples, difficulty with latch, redness in the breasts, or if you have a fever.

## Follow Up

It is important to follow up with your baby's healthcare provider for regular care. Typically, this is once before you baby turns one week old and then as determined by your baby's healthcare provider.

## Continued Support

Trover has a lactation consultant available for outpatient visits if you experience breast feeding difficulties. You can schedule an appointment to meet with a lactation consultant by calling the Women's Center at 270.326.3900.

Trover also offers a monthly support group facilitated by Susan Fischels, CNM, IBCLC. This is for mothers and babies to come together and share their joys and concerns with other mothers. Please call the Women's Center to register at 270.326.3900.

## Benefits of Breastfeeding

- It's free! Breastfeeding can save you \$1000's a year.
- Infants are four times less likely to die from SIDS.
- Children receive the most complete and optimal mix of nutrients and antibodies.
- The varying composition keeps pace with the infant's growth and changing nutritional needs.
- Breastfed babies are hospitalized 10 times less than those who are formula fed in the first year of life.
- Reduces the risk of ear infections, respiratory illnesses, allergies, asthma, childhood diabetes, certain childhood cancers and obesity.
- Burns 500-1500 calories a day in the nursing mother.