

Breastfeeding



Your breastmilk is perfect for your baby. From delivery, it is packed with nutrients that only you can produce for your baby—human milk for human babies.

Breastmilk contains over 200 components, including growth factors, antibodies, and hormones. Breastmilk has the perfect amount of proteins, fats, and carbohydrates to meet the baby's needs at each stage. Breastmilk is custom-made—a woman that delivers at 34 weeks produces milk made for a pre-term infant, whereas a woman that delivers at-term produces milk for a full-term infant. Breastfed babies have less pneumonia and other respiratory illnesses, less intestinal diseases, fewer ear infections and fewer allergies.

Feeding your Baby

Allow your baby to feed on-demand, not on schedule. But, be sure to make sure they're feeding often. Somewhere between 8—12 times every 24 hours is recommended. Allow your baby to feed until he/she stops on their own. A baby's stomach is very small when they are born, and grows a little larger each day. The amount of colostrum you make during the first few days is perfect.

Watch your baby for signs that he/she wants to feed—rooting, chewing, and smacking their lips. Crying is a late sign of hunger. The more a baby feeds and stimulates your breast, the more milk you will make! It's a concept of supply and demand. As your baby removes milk through eating, the cycle starts again and your body makes more. This is why early, frequent feeds with minimal supplements are important.

Exclusive Breastfeeding

Introducing formula can interfere with breastfeeding. It changes your baby's gut, allowing more germs and bacteria to enter easily. It can also affect your milk supply, causing you to make less milk for your baby.

Your breastmilk is all that your baby needs for the first six months of life. When breastmilk is no longer enough to meet the nutritional needs of the infant, complementary foods should be added to the baby's diet. It is recommended to do this at six months of age, in conjunction with breastfeeding.

Breastfeeding is easier when you avoid formula and bottles. Your baby will latch more easily if you avoid supplements. And, you will make more milk if all of their feeding is done at the breasts. If your physician thinks your baby needs a little extra for medical reasons, use your own milk when you can.

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Positioning / Latch

Here are some helpful tips to keep in mind for optimal breastfeeding with your baby.

- 1) Get comfortable. Lie back and bring the baby to your breast.
- 2) Hold baby close—tummy to tummy. Bring the baby to the level of your breast by using a boppy or a pillow.
- 3) Nose to nipple—point your nipple towards his/her nose or the roof of the mouth as you bring your baby on.
- 4) Wait until the mouth is wide open to bring baby to the breast. Baby should latch onto the areola, not just the nipple.
- 5) Be sure to continue supporting the baby at your breast and keep him/her close during the entire feeding.
- 6) It should not be painful! There may be some discomfort (tugging/pulling) at the initial latch. But it should not be painful. If there is pain, reattach the baby.

See how it's done!

These images depict some positions to try for breastfeeding comfortably.



Cradle hold



Cross-cradle hold



Lying on your side



Football hold



Laid-back

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LOGANSPORT
Memorial
HOSPITAL