Breastfeeding was the best decision for my baby and me. I’m so glad we could experience it together.”

-Jackie
Welcome!

• What questions do you have about breastfeeding?
• Is there anything specific you’d like to get out of this class?
• What kind of support will you have after your baby is born?
• About you:
  o Your name
  o Due date
  o Healthcare providers
Presentation Topics

1. How Breastfeeding Works
2. Latch & Positioning
3. When to Feed Your Baby
4. Getting Enough Milk
5. Breast Care
6. Breastfeeding Lifestyle
“It’s amazing to know that I’m helping my baby grow and be healthy!”
—Kate
Importance of Breastfeeding

For Baby:
- Boosts immune system
- Enhances brain development
- Reduces risk of childhood obesity, diabetes, and SIDS

For Mother:
- Reduces risk of some cancers and diseases
- Helps you lose pregnancy weight sooner
- Breastfeeding hormones help you feel calm and connected with your baby
How Your Body Makes Milk

Milk production
How Your Body Makes Milk

alveoli

ducts

© Injoy Videos

Milk production
How Your Body Makes Milk

The more milk your baby takes, the more your body makes!
Natural Fact

How Your Milk Changes

Colostrum gives me tons of nutrition in tiny amounts – perfect for my first meals!

Amount of Milk

First 7 Days After Birth

Colostrum

Transitional Milk

Mature Milk

Your Milk Changes
Special Situations

All babies do better when they receive breastmilk!

Preemies (and other medical conditions)

Multiples

After breast surgery

Donor milk
“It took the two of us working together to learn how to breastfeed.”

—Natasha
Best-Start Checklist

- Choose healthcare providers who support breastfeeding
- Understand how birth choices can affect breastfeeding
- Have a doula or other support person at your birth
- Tell hospital staff that you plan to breastfeed
- Hold your baby skin-to-skin
- Keep your baby with you (room-in)
- No pacifiers, artificial nipples, or formula

A doula is trained to help the whole family through birth and the first weeks.
Benefits of Skin-to-Skin Contact

• Baby stays warm and comfortable
• He latches on better and breastfeeds longer
• He cries less
• Allows both parents to bond with the baby
• If you have a cesarean birth: hold your baby on your chest or cheek to cheek
Breastfeeding Holds

Laid-Back

Cross-Cradle

Cradle

Football

Side-lying

Click on photo to see video
Baby-Led Breastfeeding

Many babies latch on easily when mom is reclined and relaxed

- Lean back and relax
- Use pillows to support you
- Place your baby chest to chest, across your body
- Position your baby so her head is under your breast
- Baby may move to self-attach, or you can help her

Laid-back Breastfeeding

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Mother-led Breastfeeding

• Sit comfortably with feet supported
• Hold your baby close, tummy to tummy
• Keep hand behind areola
• Line the baby’s nose across from your nipple
• Tickle his upper lip
• When the baby’s mouth opens wide, pull him in quickly

_Latching On_
Effective Latch

- Mouth open wide
- Lips flared outward
- Large amount of breast in mouth
- More areola above Baby’s lip than below
- Ear and jaw moving
- Actively sucking and swallowing
- Feel a strong tug that is not painful

Click image to see video
Ineffective Latch

- Mouth not open wide
- Small amount of breast in mouth
- Clicking sound
- Painful
- Common cause of sore nipples

Click on image to see video
Deep and Shallow Latch

Deep latch

Shallow latch

Click on photos to see latch animation videos
A Note About Pacifiers

Wait until breastfeeding is well-established before offering a pacifier

I need some time to learn how to breastfeed!
“After a couple of weeks, feeding my baby became second nature.”

— Johanna
Signs of Hunger

Watch your baby, not the clock!

Open Mouth
Sucking movements
Hand to mouth
Moving or fidgeting
Rooting for a breast
Crying (late sign)

Hunger Signs
Feeding Guidelines

• Feed your baby whenever you see hunger signs
• 8 or more times every 24 hours, including night (about every 1-3 hours)
• Offer both breasts at each feeding
• She may cluster feed, when her feedings are grouped closer together

Feeding Patterns

Sometimes I burp, sometimes I don’t. But it doesn’t hurt to try!
Why do newborns eat so often?

A newborn can only take in very small amounts at each feeding.

**Day 1**
Shooter Marble
2–10 ml
(1/8–5/8 Tablespoon)

**Day 3**
Ping-Pong Ball
15–30 ml
(1–2 Tablespoons)

**Day 10**
Large Egg
75–90 ml
(5–6 Tablespoons)
Sleepy Eaters

Wake a baby before a feeding:
• Undress him or change his diaper
• Hold him skin to skin
• Stroke his arms, belly, and face
• Express some milk onto his lips

Wake a baby during a feeding:
• Compress your breast
• Rub his foot or hand
• Switch breasts or change position
• Change diaper or burp baby

Skin to skin helps me wake up and become interested in breastfeeding.
"I like knowing that the more I feed him, the more milk my body makes."

—Natasha
Signs of Getting Enough Milk

- Hearing your baby suck and swallow
- Baby’s arms and hands are relaxed after a feeding
- Your breasts are softer after feedings
- Several periods of the baby being awake and calm during the day
- Enough wet and dirty diapers
- Gaining enough weight
## Counting Diapers

<table>
<thead>
<tr>
<th></th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Minimum wet diapers</strong></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>5+</td>
<td>6+</td>
<td>6+</td>
</tr>
<tr>
<td><strong>Minimum dirty diapers</strong></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4+</td>
<td>4+</td>
<td>4+</td>
</tr>
<tr>
<td><strong>Type of stool</strong></td>
<td><img src="image1" alt="Black stool" /></td>
<td><img src="image2" alt="Brown stool" /></td>
<td><img src="image3" alt="Yellow stool" /></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Weight Gain

• Your baby may lose around 7% of birth weight in the first days
• Should return to birth weight by Days 10-14
• After Day 5, Baby will gain about 2/3 - 1 ounce per day for first three months

We are weighed at our well-baby checkups, so don’t forget to go!
Call Baby’s Healthcare Provider

- Not eating at least 8 times in 24 hours
- Skin or eyes become yellow (jaundice)
- Less than 3 medium stools per day by Day 3
- Less than 5 wet diapers per day by Day 4
- Reddish-orange stain in diaper after Day 3 (urate crystals)
- Stool pattern changes suddenly
- Has not returned to birth weight in 10-14 days
- Often needs to be awakened to breastfeed
- Not waking in the night to feed

Call right away if I show any of these signs. The docs don’t mind!
“My milk changed the night we came home from the hospital. She ate very enthusiastically after that!”

—Kate
Breast Fullness Is Normal

- 2-3 days after birth, your breasts become fuller, firmer, and heavier
- Your body is starting to make mature milk, which is more plentiful
- This should only last a few days
- Feed often to manage fullness and prevent engorgement
Why Hand Express?

- Relieves uncomfortable fullness
- Prevents engorgement
- Softens breasts so the baby can latch on easier
- Protects and can improve milk supply

How to Hand Express

1. Massage your breast
2. Place your fingers
3. Press against your chest wall
4. Squeeze gently

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Relieve Engorgement

Before feedings:
• Massage breasts to help with letdown
• Express some milk to soften breast before latching the baby on

After feedings:
• Ice pack to reduce swelling
• Express milk until pressure relieved

Wrap an ice pack in a thin towel
Nipple Care

- Check the baby’s position and latch (a shallow latch is a common cause of sore nipples)
- Break suction gently—push in on Baby’s cheek or place a clean finger into the corner of his mouth
- No harsh soaps
- Change wet breast pads
- Contact a certified lactation consultant if your nipples become sore

Sometimes I need to get a better latch, especially when I’m first learning.
Nipple Types

Babies can latch on to all types of nipples

protruding
flat
inverted
Call Doctor or Lactation Consultant

- Engorgement not relieved in 24 hours
- No increase in milk production by Day 4
- Signs of mastitis: hard, red, tender area on breast with flu-like symptoms
- Ongoing nipple or breast discomfort
- Concerns about milk production or your baby’s ability to breastfeed

Ask at the hospital about finding a certified lactation consultant, or look for one online.
“My goal is to breastfeed for the whole year. Every time he turns a month older, I feel so good about it!”

—Jalissa
Breastfeeding Duration

The American Academy of Pediatrics recommends:

0-6 months
Only breastmilk

6-12 months
Breastmilk and solids

12 months +
As long as you and your baby want

Breastfeeding for any length of time benefits you and your baby!
Take Care of Yourself

• Rest when you can
• Limit activities and visitors
• Drink water and eat healthy foods
• Get exercise and fresh air
• Let friends and family help with chores
• Find a support group
Turn down the lights, quiet the room, and bring mom water and a snack
Stay positive, and suggest getting help if needed
Care for and hold your baby—even skin to skin; it’s a great way to bond
Help Mom feel comfortable feeding outside of the home
Substances of Concern

• Not all medications are safe—check with your pharmacist, doctor, or lactation consultant
• Limit alcohol to a small, occasional drink
• Quit or limit smoking
• Avoid cigarette smoke, which can increase risk of SIDS
• Do not use illegal drugs or abuse prescription medication
• Limit caffeine

What you eat and drink can affect me through your breastmilk.
Returning to Work

- Take time off from work, if possible
- Know your rights (both federal and state laws)
- Work part-time if you can
- Start pumping and storing a little at a time
- Offer a bottle after breastfeeding is going well
- Choose a breastfeeding-friendly daycare near your work

Find out where you can pump at work before I’m born!

Returning to Work
Expressing Your Milk

Hand Expression

Personal-Use Electric Pump

Manual Pump

Hospital-Grade Electric Pump

Pumping Your Milk
## Storing Your Milk

<table>
<thead>
<tr>
<th></th>
<th>Insulated cooler (with frozen gel packs)</th>
<th>Refrigerator</th>
<th>Refrigerator freezer</th>
<th>Deep freezer</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Just-pumped milk</strong></td>
<td>24 hours</td>
<td>3 days ideal, 3-8 days acceptable</td>
<td>3 months ideal, 3-6 months acceptable</td>
<td>6 months ideal, 6-12 months acceptable</td>
</tr>
<tr>
<td><strong>Thawed milk</strong></td>
<td>Do not store in cooler</td>
<td>24 hours</td>
<td>Do not refreeze</td>
<td>Do not refreeze</td>
</tr>
</tbody>
</table>

*Do not re-freeze.*
Where to Find Help

- Breastfeeding-support phone line
- Certified lactation consultant/professional lactation counselor
- Breastfeeding clinics
- Healthcare provider
- Postpartum doula
- Breastfeeding support group
- Public health nurses

A friend or family member who has successfully breastfed can help, too!
“There were a couple of issues at first, but after two weeks, we really started to get the hang of things. Now it’s so easy, and I’m so glad we stuck with it!”

—Marissa
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