



Infant Feeding

- If you are going to breast feed your baby, your breasts will become full and tender 2 or 3 days after birth as the milk comes in.
- Breast milk is the best food for babies.
- Once you have your milk supply:
 - Make sure you eat well and drink lots of fluids.
 - Your milk is always ready.

Breastfeeding Tips

You should begin feeding your baby as soon as possible after delivery.

- Relax and make sure you are comfortable.
- Use pillows to support your arms and back.
- Position the baby with mouth, tummy, and knees facing the nipple.

Your baby must learn “latching-on” so you don’t get sore nipples.

- This happens when the baby’s gums entirely cover the areola (the dark area around the nipple).
- This then forces milk from your milk ducts.
- Gently touch your nipple to the baby’s lips.
 - Wait for the baby’s mouth to open and its tongue to stick out.
 - Your baby’s tongue must stick out over the lower jaw to form a soft pad that will hold your nipple during nursing.

Newborns usually need to be fed every 2 to 3 hours.

- It is not necessary to keep a strict schedule.
 - Make sure to nurse your baby as often as your baby is hungry.
 - Try to nurse about 5 to 15 minutes per breast at every feeding.
 - Frequent nursing will also help stimulate milk supply and prevent soreness and swelling.

To remove the baby from the breast:

- Put your little finger between the baby's lips to gently break the suction.
 - This will prevent your nipples from being hurt.

To help keep your breasts healthy, have your baby feed from both breasts at every feeding.

Do not to skip feedings.

- Make sure you get plenty of rest during the day so that nighttime feedings are easier.

How do you know that your baby is getting enough milk?

- Your baby should have 6 to 8 wet diapers each day.
- Your baby should be gaining weight.
- Your baby will nurse longer and more often when going through a growth spurt.
 - This will increase your supply of breast milk.
 - These growth spurts usually happen:
 - 3 to 5 days after birth.
 - 10 to 14 days after birth.
 - 6 weeks after birth.
 - 12 weeks after birth.
 - 6 months of age.

Image courtesy of BabyCenter.com



Breastfeeding Positions

THE CRADLE POSITION

- This position is good while sitting in bed or in a chair to nurse your baby.
 - When you sit up in bed, place pillows behind your back for support.
 - When you use a chair, make sure it has a high back and it is comfortable.
- Put your leg up on a stool for support so you don't have to bend over to feed or to look at your baby.
 - Cradle your baby's body in 1 arm and let the head rest in the bend of your elbow.
 - Your arm should be under his back and bottom.
 - A pillow across your lap may also help to support your arm and the baby.

Image courtesy of BabyCenter.com



THE FOOTBALL HOLD

- To use the football hold to nurse your baby, sit comfortably in bed or on a chair. Place a pillow by your side and under your arm.
- Put the baby on the pillow with its legs toward your back and its head facing towards the space between your breasts.
- Hold your baby's head in your hand, and bring it close to your breast. Your arm should be under the top of your baby's back.
- Put your other hand under your breast with your fingers below the nipple and thumb above.
- As the baby starts coming toward your nipple, firmly pull your baby close.

Image courtesy of BabyCenter.com



LYING DOWN POSITION

- You can lay on your side to breastfeed your baby.
- Lean on a pillow for support.
- Lay your baby on his side with his mouth close to your nipple.
- His feet should be toward the foot of the bed.
- Lift your breast toward your baby's mouth with your fingers.
- This position is good when you need to rest or when you need to stay in bed after a cesarean birth.

Remember, when you are breastfeeding, your baby's nose is very close to your breast. Be careful not to block his nose because that is the only way he can breathe.

Nipple and Breast Care

- Wash your breasts every day with plain water.
- Do not use soap on your nipples or the area around the nipples because that will cause drying and cracking.
- Always allow your nipples to air dry. Do not rub them.

SWELLING OF YOUR BREASTS

- Your breasts may swell while you are nursing.
 - This is a normal, temporary condition that happens to some women.

- You may have some pain or fever.
- The most important treatment is to nurse or express by hand often.
- Breast feed every 2 to 3 hours, even if you have to wake your baby.
- Use both breasts each time you feed.
- Gently rub your breasts while feeding to help the milk to flow.
- This will help empty your breasts faster.
- Use warm compresses on your breasts or take a warm shower to ease the discomfort before you feed your baby.
- If the breasts are too full for the baby to latch on, squeeze a little milk out of your breasts before you feed your baby.
 - By doing this you can help your baby begin eating.
 - It will also relieve any built-up pressure.
 - Use ice bags after feeding to reduce soreness and swelling.
- If your breasts are sore for more than 2 days, you may be getting an infection.
 - This infection is called mastitis.

Call your doctor right away if you have the following signs:

- High fever
- Chills
- Feel tired
- Your breasts may be sore, warm, and red.

If you have sore or cracked nipples at any time while you are breastfeeding, do the following:

- Place ice on your nipples just before the baby starts to suck.
- Begin breastfeeding on the side that is the least sore.
 - Babies normally suck harder at the start of a feeding.
- Nurse your baby for only about 10 minutes on each breast.
 - Have your baby feed for a shorter time and more often.
- Get your baby to let go of your nipple before pulling him away from your breast.
 - Do this by putting your little finger between the baby's lips to gently break the suction and not hurt your nipple.
- Let your nipples air dry after each feeding.
 - Leave them open to the air as much as possible.
 - This is good to do if they are cracked.
- Your nipples will heal if they are sore or cracked.
- Check with your doctor before using any medicine on your breasts.

- While you are nursing, wear breastfeeding pads.
 - Allow the nipple and area around your nipple to air dry thoroughly when changing or replacing the pads.
- Hold your baby in a different position when you breast feed.
 - This will allow your baby to pull the nipple in different directions, and you will get less sore.
- Try to remember each time you nurse your baby to begin nursing with the breast you ended with at the last feeding.
 - One way to help you remember is to put a safety pin on the side of your bra that you should begin nursing with the next time.

Nutrition and Breastfeeding

- Your body has been storing fat throughout your pregnancy.
 - This is so you have enough calories in your body for nursing your baby.
 - You must also eat extra calories and drink extra fluids while you are nursing.
 - Up to 600 extra calories per day may be needed.

Follow these eating guidelines while you are breastfeeding:

- Limit caffeine-containing beverages to 2 cups per day.
- A quick way to get the extra calories and liquids you need for breastfeeding is to eat a snack while you are nursing.
 - Cheese or peanut butter sandwich and a glass of milk or juice are good snacks.

Food or Beverage	Amount You Should Eat or Drink
Milk and Milk products	3–4 servings
Meat/Meat substitutes	3 servings
Fruits	3 servings (1 vitamin C source)
Vegetables	4 servings
Bread/Cereals	11 servings
Fluid	6–8 (8 oz) glasses (or more)

Weight Loss While Breast Feeding

After your baby is born your weight loss should be gradual.

- Do not reduce your calories to speed up weight loss.
- You need the calories to produce milk for your baby while you are breastfeeding.



Bottle Feeding

- If you cannot or choose not to breast feed, your doctor will tell you which infant formula to use.
- Formula has as much nutrition as breast milk.
- Formula does not protect babies from certain diseases and allergies like breast milk does.
- It gives babies what they need to grow in their 1st year of life.
- Many mothers find that bottlefeeding better fits their needs.
- With bottlefeeding, fathers and other family members can feed the baby.
- You can buy formula ready-to-use, or as a liquid or powder that has to be mixed with water. Follow the directions carefully to make the formula.
- If you are not breastfeeding, your milk will still “come in” on the 2nd or 3rd day.

Try these tips to feel more comfortable:

Wear a support bra.
Put ice packs on your breasts.
Do not stimulate your breasts, as it will only make things worse.
Ask your doctor for a pain pill if you need one.

Bottle Feeding Tips

- Babies who are on formula take 20 - 30 minutes to finish a bottle.
- If it takes less than 15 minutes for your newborn to finish a bottle, switch to a nipple with smaller holes.

- If the baby is actively sucking and it takes a long time for the baby to finish the bottle, check to make sure the holes are not clogged or increase the size or number of holes in the nipple.
- When bottlefeeding your baby, cradle the baby in a semi-upright position.
- Burp your baby after every 2 ounces.

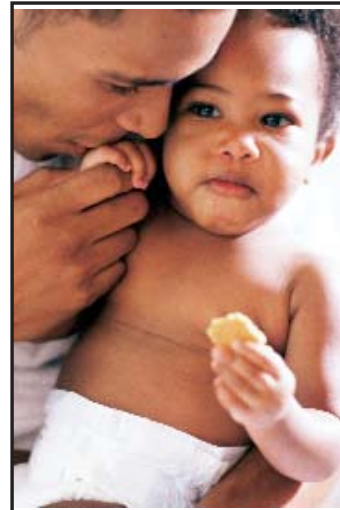
These are the reasons why you should never prop a bottle and leave your baby alone:

- The baby might choke.
- The baby needs human contact.
- Children who go to bed with a bottle are at increased risk for tooth decay.

Most babies who receive 8 or more feedings a day and sleep well between feedings get good nutrition. Tell your doctor if your baby does not have at least 6 wet diapers a day or is not gaining weight.

Adding Other Foods

- Breast milk or infant formula should be used for the entire 1st year.
- Do not give cow's milk to your baby until after it is 1 year old.
 - Regular cow's milk is hard for babies to digest.
 - Regular cow's milk contains too much protein and sodium.
 - Regular cow's milk does not provide enough vitamin C, iron, or copper.
- When the doctor tells you to use cow's milk, give your baby whole milk.
 - Skim milk and 2% milk are too low in fat and calories.
- Ask your doctor if your baby needs vitamins and mineral supplements.



Give your baby solid foods when your baby can sit alone and is able to control its head and neck.

Microwaving bottles is dangerous.

- The milk or formula does not heat evenly and may become very hot.
- It may burn your baby's mouth.
- Milk or formula should be heated until barely warm.
- Test the temperature by putting a drop of warmed milk or formula against her own skin before giving it to the baby.

Don't feed your baby solid foods before 5 months of age.

- People may tell you to feed your baby solid food early to *help the baby sleep through the night*.
- Before 5 months of age, babies are not able to swallow solid foods.
- They cannot push food to the back of the mouth.
- Feeding babies solid foods before they are ready hurts their digestive systems.
- Give your baby solid foods when it can sit alone and is able to control its head and neck.
- This happens at about 5 to 6 months of age.
- Solid foods should be fed by spoon, and not in bottles or infant feeders.
- New foods should be introduced 1 at a time and fed for about 1 week before another food is added.
- Baby cereals with extra iron are a good 1st food.
- Don't use mixed or combination foods right away.
- Juice should be given only in a cup.
 - Do not give your baby fruit drinks, juices with sugar, tea, or cola.
- A baby may go from bottle to cup between 9 and 12 months of age.

Feeding your baby by breast or bottle is a special time for you to develop a loving bond with your child.

- You will get to know one another better during this round-the-clock time together.
- You will grow to treasure this special time of nurturing between you and your baby.
- If you have any questions about feeding your baby, ask your doctor.
- Find out if your hospital has breastfeeding classes and/or a lactation nurse.
 - If not, ask your doctor to recommend one to you.
 - You can also call the La Leche League at 1-800-LA-LECHE (1-800-525-3243) for more information.

Burping

- Burp your baby during and after each feeding whether you are breast feeding or bottle feeding.
- The baby will spit up if there is too much air in the baby's tummy.

There are several ways to burp your baby:

- Place baby on your shoulder and gently rub or pat the baby's back.



- Place baby face down across your lap and gently rub and pat the baby's back.
- Sit baby up on your lap, support its chin, and gently pat the baby's back.

If the baby does not burp easily, place him in an infant seat or a car seat to help the air bubble move up and out.