



BREASTFEEDING BASICS

#TNBREASTFED

BREASTFEEDING IS GOING WELL WHEN...

- Your baby is feeding at least 8 to 12 times per 24 hours
(Watch the Baby – Not the Clock)
 - Let the baby breastfeed when hungry
 - Feed at the earliest signs of hunger: hands to mouth, sucking movements, soft cooing, sighing, or stretching
 - Cluster feeding is common: feeding every hour for several feedings and then sleeping for 3-4 hours
 - Crying is a late sign of hunger
 - Avoid pacifiers for the first month!
- The baby has bursts of sucks and swallows (that you can hear) in a row at the beginning of each feeding
 - As your breast softens, the baby slows down to 2-3 sucks and swallows at a time
 - Offer other breast when baby slows
 - Take turns starting feeding on each breast



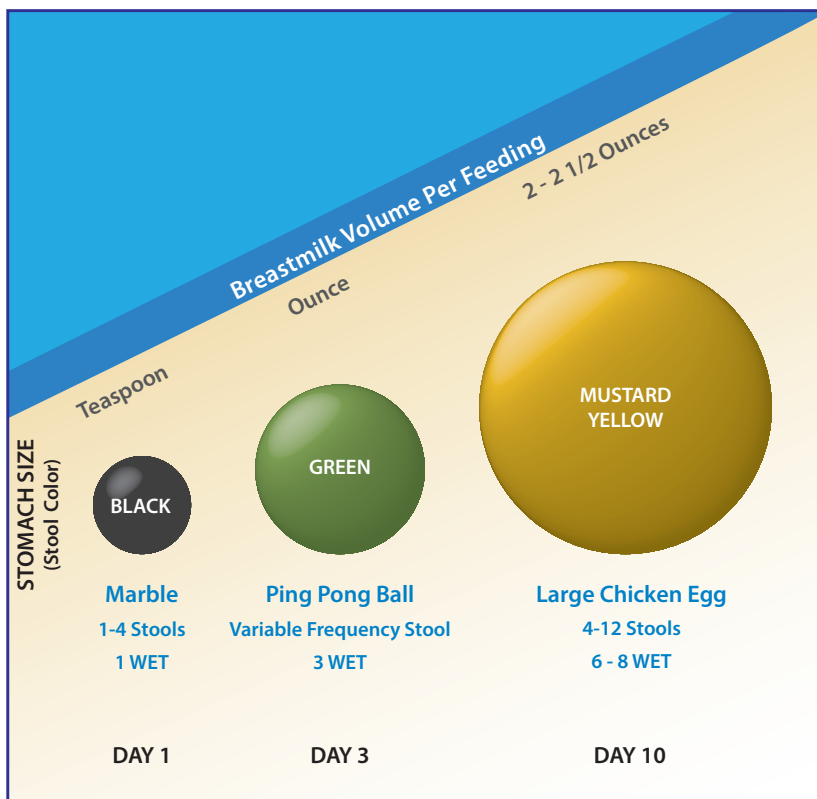
photographs by erica.com

- You feel a tug, but not pain, when the baby sucks
 - No cracked or bleeding nipples
 - Proper latch prevents pain
 - Lips rolled out like a fish
 - Chin to breast
 - Wide open mouth
 - Tummy to tummy
 - Nose to nipple
- Your baby is not fussy when you finish breastfeeding

IT IS NORMAL IF...

- You feel sleepy during feedings
- You notice increased vaginal discharge and belly cramping during or after feedings for the first 3-4 days

YOUR BABY WILL START TO GAIN WEIGHT AS YOUR MILK SUPPLY INCREASES (USUALLY ON DAY 3-5) AND WILL GAIN 4-7 OUNCES PER WEEK





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Remember that breastfeeding, the baby's latch and milk production are all changing over the first 2 to 3 weeks. Give yourself time to become the expert on your baby's feeding.



SMARTPHONE APPS

Coffective – A Best Practices Tool for Childbirth and Breastfeeding

ONLINE VIDEOS FOR BREASTFEEDING HELP

Stanford videos: <http://newborns.stanford.edu/Breastfeeding.index.html>
(A good latch example, hand expression and increasing milk videos)

READING MATERIALS

Your Guide to Breastfeeding <http://www.womenshealth.gov>
New Mother's Guide to Breastfeeding <http://shop.aap.org>

WEBSITES:

Breastfeeding on American Academy of Pediatric's <http://healthychildren.org>
Go to "Ages and Stages" tab, "Baby", "Breastfeeding" (warning: formula advertisement)
It's Only Natural. Mother's Love. Mother's Milk. (lots of handouts and videos)
<http://www.womenshealth.gov/itsonlynatural/>
Tennessee Breastfeeding website
<http://breastfeeding.tn.gov/>

INFORMATION ON MEDICINES AND BREASTFEEDING

LACTMED Web Site - Information about mother's medicines' impact on a breastfeeding baby
www.toxnet.nlm.nih.gov/newtoxnet/lactmed.htm
Infant Risk Center Call Line 806-352-2519

TENNESSEE LAWS PROTECTING BREASTFEEDING

Tenn. Code Ann. § 68-58-101 et seq. (2006, 2011)
permits a mother to breastfeed in any location, public or private, that the mother is authorized to be...
Tenn. Code Ann. § 50-1-305 (1999)
requires employers to provide daily unpaid break time for a mother to express breast milk for her infant child. Employers are also required to make a reasonable effort to provide a private location, other than a toilet stall, in close proximity to the workplace...

CALL FOR HELP IF YOUR BABY...

- Has a dry mouth
- Has red colored urine
- Has yellowish skin
- Stools do not change to yellow and seedy by day 5
- Not enough wet and dirty diapers
- Does not wake to eat at least 8 times/24 hours
- Does not have swallowing you can hear
- Has feedings lasting > 45 minutes
- Is fussy and fights the breast
- Is sleepy and will not feed
- Is losing weight after day 5 or is less than birth weight at 2 weeks

CALL FOR HELP IF YOU...

- Have pain
- Breasts are still full after feeding
- Milk supply has not increased by day 4

ALWAYS CALL YOUR PROVIDER
IF YOU ARE WORRIED ABOUT
BREASTFEEDING.