



Beginning Your Breastfeeding Journey

SANFORD
WOMEN'S

Lactation and Breastfeeding Support

Phone Numbers

Call a Sanford Breastfeeding Help Line near you:

- Aberdeen: (605) 626-4599
 - Bemidji: (218) 333-5755
 - Bismarck: (701) 323-2547
 - Fargo: (701) 417-3838
 - Sioux Falls: (605) 328-7120
-

My Sanford Nurse

Available 24 hours a day, 7 days a week, a nurse is here to assess your symptoms and answer your health questions.

- (877) 473-1215

Online

Lactation and Breastfeeding

sanfordhealth.org

Message a Breastfeeding Specialist in My Sanford Chart

mysanfordchart.org

Office on Women's Health (OASH)

womenshealth.gov/breastfeeding

Getting Started

Congratulations on your decision to breastfeed your new baby. Breastfeeding experts or lactation consultants will help you get started and are available throughout your entire breastfeeding journey.

Benefits of Skin-to-Skin with Your Baby

Place your baby in a diaper on your skin. Then cover yourself and the baby with a blanket. This contact with your baby changes your hormone levels. The hormones bring in your mature breast milk and keep your supply up. Hold your baby:

- 3 to 4 times each day or with every feeding
- When your baby is sleepy
- When your baby is having a hard time latching onto the breast

Partners: There are many benefits to you holding your baby skin-to-skin. Plan on holding your baby skin-to-skin 3 to 4 times each day.



Watch for Hunger Cues

It is best to breastfeed when your baby shows signs of early hunger cues. Signs your baby may be hungry include:

- Becoming more alert and active
- Lip Smacking
- Mouth opening
- Sticking the tongue out
- Turning their head to look for the breast (rooting)
- Putting hands or fists to their mouth

Crying is the last sign of hunger.

Making Breastmilk

How Often to Feed Baby

Feed your baby when they act hungry. Your baby should breastfeed at least 8 to 12 times in 24 hours.

Cluster Feeding

Cluster feeding is when you are breastfeeding your baby every 1 to 2 hours especially in the evening and night time when your hormone levels are highest. Cluster feeding is normal in your baby.

Growth Spurts

Your growing baby will breastfeed more often and with a stronger suck when they are having a growth spurt. This does **not** mean you do not have enough milk. Growth spurts usually happen around:

- 2 to 3 weeks
- 6 weeks
- 3 months

How Long to Feed on Each Breast

Let your baby finish on the first breast until they fall asleep or detach from your breast. Then offer the other breast. Do **not** remove your baby from the first breast based on the clock. If your baby is done after feeding on only one breast, start on the other side the next time you breastfeed.

It is best to keep track of your baby's feedings and diaper changes, you may want to use an app on your phone to do this.

Should I Wake My Baby to Eat?

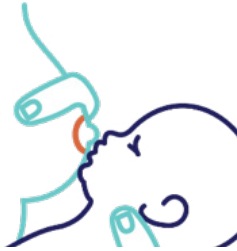
Wake your sleeping baby 2 hours and 30 minutes from the start of the last feeding. Let them sleep longer at night after your milk supply is well established and they are back to their birth weight.

Size of Newborn Stomach					
Size		Cherry	Walnut	Apricot	Egg
Age		1 Day	3 Days	1 Week	1 Month
Estimated Volume		1 Teaspoon	1 Ounce	1.5-2 Ounces	2-5.5 Ounces
		5-7 mL	22-27 mL	45-60 mL	80-150 mL

mL=milliliter

Correct Latch

When your baby is latched correctly you should feel tugging on your nipple not pain or pinching.



Start with your baby's nose facing your nipple. Tickle the baby's lips to encourage him or her to open wide.



Wait for baby to have a wide mouth open, then pull your baby close so that the chin and lower jaw moves into your breast first.

Baby should have a large mouthful of breast and the tongue should be down with lips flanged or turned out (fish lips).



Hold your baby close to you with the chin and cheeks touching your breast. More of the flat darker colored part of the breast (areola) should be above the baby's top lip than below their bottom lip.

Table courtesy of the Office of Women's Health. US Dept. of Health and Human Services.
Used with permission.

Pumping Breast Milk

If you are pumping breast milk for your baby, start pumping within 4 hours of delivery (if possible within 1 to 2 hours) and pump 8 to 10 times in 24 hours.

Your Pump Speeds and Settings

Most double electric pumps can change their speed and suction settings. You should set the suction to the highest level that is comfortable for you and is not painful. Just like your baby at the breast, pulling and tugging is normal but you should not feel pinching or be uncomfortable.

Your pump may have settings that can change speed and mimic how your baby breastfeeds. Stimulation mode is quick (rapid) and will be used **first** until your breast milk starts flowing. Once your breast milk is flowing, you will want to change to the expression mode speed. This speed will be slower and used until you are done pumping.

Your Pump Flange Sizes

It is best to use the correct size flange while pumping, your lactation team can help with measuring and recommending the best size flange.

Your Breast Pump Flange Size:

Right: _____

Left: _____

At times you may need a different sized flange. If pumping becomes uncomfortable or there are changes in your breast milk production, you may need to be remeasured.

Storing your Breast Milk

- °F is degrees in Fahrenheit
- °C is degrees in Celsius

Type of Breast Milk	Countertop (room temperature) 77°F (25°C) or colder	Refrigerator 40°F (4°C)	Freezer 0°F (-18°C) or colder
Freshly Expressed or Pumped	Up to 4 hours	Up to 4 days	Within 6 months is best Up to 12 months is acceptable
Thawed, Previously Frozen	1 to 2 hours	Up to 1 day (24 hours)	Never refreeze human milk after it has been thawed
Leftover From a Feeding	Use within 2 hours after the baby is finished feeding.		

Breastmilk storage guidelines from the Centers for Disease Control and Prevention.

- Freshly expressed breast milk can be added to already refrigerated breast milk. The use by date must stay the oldest date.
- When storing breast milk, use breast milk storage bags, which are made for freezing human milk. You can also use glass or hard BPA-free plastic bottles with tight-fitting lids. Do **not** use disposable bottle liners or other plastic bags to store breast milk.

Hand Expressing Breast Milk

Hand expression is one way to express breast milk if your breasts are feeling extra full, if you do not have access to a breast pump, if you are unexpectedly separated from your baby, or if you want to make more breast milk. It is good for all mothers to know how to do this.

To hand express, you use your hand to massage and compress your breast to remove milk. While it takes practice, skill, and coordination, it gets easier over time.

Hand Expression in Breastfeeding

(Krames HealthClips)

healthsheets.healthclips.com

Video Code: 3023E

About Breast Pump Hygiene

(Centers for Disease Control and Prevention):

cdc.gov/hygiene/about/about-breast-pump-hygiene

Diaper Changing Guide

It is best to keep track of your baby's diaper changes, you may want to use an app on your phone to do this.

Poops (stools) should only be counted if they are bigger than the size of a quarter.

Day	Wet (urine)	Stool (poop)	What poop looks like
Day 1	1	1	Black, thick, and looks like tar 
Day 2	2	2	
Day 3	3	3	Dark green and looser 
Day 4	5 to 6	4 to 5	
Day 5 and 6	6 or more	4	Yellow with small chunks that look like seeds, loose 

Warning Signs

Call your baby's provider if:

- They have less wet or poopy diapers than shown on the chart on page 9
- Breastfeeding less than 8 times in 24 hours
- Sleeps most of the time and is hard to wake up for feedings

Call your provider if you have breast engorgement, areas of redness or tenderness to your breasts with fever, chills, or flu-like symptoms.

Nutrition for Mom

It is important to eat healthy and provide your body nourishing foods, to help you and your baby. Here are a few suggestions:

- Grains such as bread, rice, brown rice, oats, or quinoa
- A variety of vegetables that are steamed, raw, or cooked
- Fresh fruits
- Protein such as meats, poultry, fish, beans, eggs, nuts, or seeds
- Dairy such as milk, yogurt, or cheese

Drink when you are thirsty, water is very important for you while breastfeeding your baby.

Nutrition Tips for Breastfeeding Moms:

https://wicworks.fns.usda.gov/sites/default/files/media/document/Tips_for_Breastfeeding_Moms_English.pdf

Foods That May Increase Your Milk Supply

If you do not feel like you are making enough milk, talk to a lactation consultant about foods that may increase your supply.

InJoy Breastfeeding Education

Learn more about lactation and breastfeeding in the InJoy book Understanding Mother and Baby Care. With this book you also have access to their free web app with more resources.