

NEW ENGLAND  
OB - GYN  
associates inc.

# Breastfeeding Your Newborn



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# Tips for being Successful at Breastfeeding



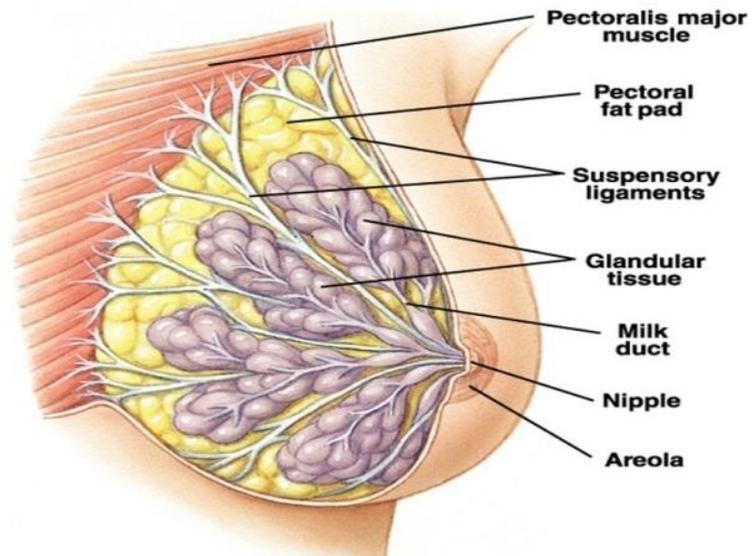
- **Educate yourself on breastfeeding**
  - Attend a class
  - Watch a video
  - Purchase a breastfeeding book
- **Find a Mentor/Friend/Support Group**
- **Be committed and Expect Success**
- **Seek/Get Help when breastfeeding becomes challenging**
  - [Zipmilk.org](http://Zipmilk.org)
  - Le Leche League
  - Pediatrician Office
  - Vital Village Network
  - Boston Breastfeeding Coalition

# Breast Anatomy



## V. Mechanism of milk secretion

### 1. Anatomy of breast



Progesterone and estrogen stimulate the development and growth of the mother's breasts. Estrogen also stimulates prolactin secretion by the anterior pituitary, which participates in breast development. At parturition, the breasts are ready for milk production and release induced by increased prolactin and oxytocin levels brought on by suckling.

# Milk Composition



- **Colostrum (First stage of Milk)**
  - Early days after birth
  - Small amount, thick, yellow, sticky
  - Protein rich, low fat, low sugar, packed with antibodies
  - Natural laxative effect to help initiate those early stools
  - Breasts will feel soft with colostrum
- **Transitional Milk**
  - Produced on average day 3-4 after birth (when milk comes in) until 10-14 days
  - Creamy milk after colostrum
  - More calories and larger volume than colostrum
  - Breasts will feel fuller/larger
- **Mature Milk**
  - Produced toward the end of the second week
  - Thinner and more watery (sometimes appears blueish)
  - Constantly changing for babies needs
  - Changes flavors to what mom is eating

# Skin To Skin



# The First Feedings



- **Hold baby skin to skin**
  - A healthy infant is capable to latching following their instincts and movements with some guidance from mom
- **Watch for Early Cues/Readiness to Feed/Nurse**
  - Squirming
  - Rooting
  - Turning Head
  - Opening Mouth
  - Sucking Fist
- **Be Patient**

# The First Hour-Jane Morton Video



- [Dr. Jane Morton: A Mother's Touch-Breastfeeding in the First Hour](#)



# Rooming In



- **Babies cry less and are easier to calm.**
- **Moms get more rest.**
- **Ability to respond to baby's feeding cues.**
- **Make more breast milk, faster.**
- **Ability to ensure the care you want for baby.**

# Hunger Cues

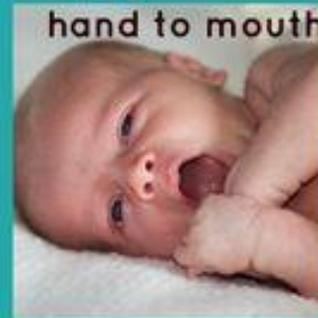


- **Squirming**
- **When cheek is touched, turning head toward the touch and opening mouth (Rooting)**
- **Smacking Lips**
- **Sucking on Hand**
- **Fussing**
- **Crying (Late sign of hunger)**

## Early Feeding Cues or "Im hungry."



## Mid Feeding Cues or "I'm Really Hungry!"



## Late Cues or "I'm upset, please calm me."



# Nursing Positions



**Laid Back**



**Side Lying**



**Football/Clutch**



**Cradle**



**Cross-cradle**

# Laid Back Position



## Biological Nursing

Biological Nurturing Scenario from S Colson on Vimeo.



# Latch



# Getting a Good Latch (Video)



[Your Baby Knows How to Latch On | Ameda](#)



# Sucking/Swallowing



## Good Drinking

Jack Newman Video Library



# Sucking/Swallowing



## Really Good Drinking

Jack Newman Video Library

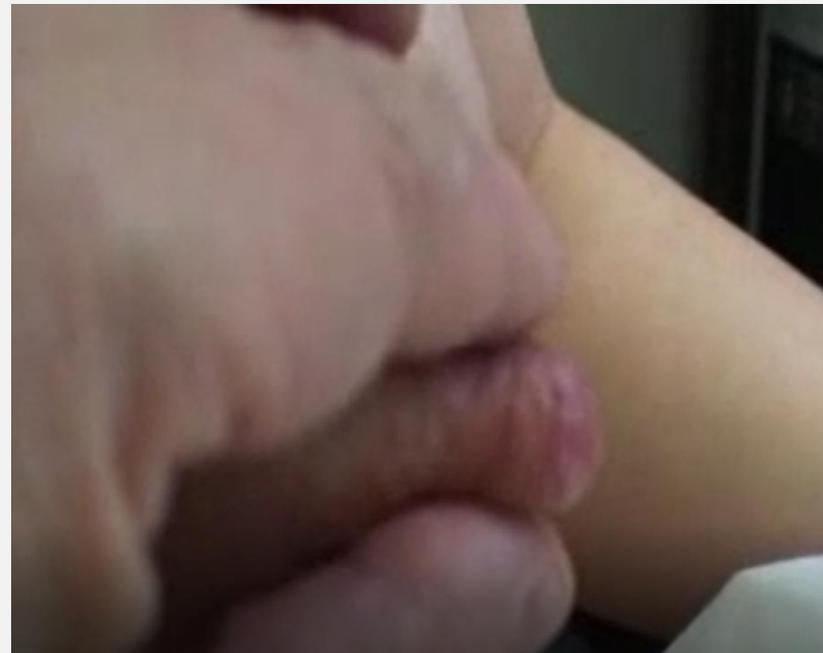


# Deep Latch



## Deep Latch

Jack Newman Video Library



# Bottle Feeding Challenges when started Early



- The bottle *can* throw off the supply and demand nature of breast milk when started early
- The bottle is a different type of sucking action than nursing at the breast
- The bottle *can* be easier to access for the baby and maybe confusing for baby
- It is best to avoid bottles early while trying to establish breastfeeding
- **Using a bottle to feed the baby can be APPROPRIATE *even if done early*—please work with pediatrician/lactation consultant to make sure baby is getting what they need to GROW and THRIVE!**

# Paced Bottle Feeding



## Paced Bottle Feeding

Best Feeding, Lactation Services LLC



# How Long to Breastfeed



- **Encourage exclusive breastfeeding for 6 months**
  - Recommended by:
    - ✦ World Health Organization (WHO)—for at least 2 years
    - ✦ American College of Obstetrics and Gynecologists
    - ✦ American Academy of Pediatrics
    - ✦ American Academy of Family Physicians
    - ✦ American Academy of Breastfeeding Medicine
    - ✦ American Dietetic Association

# How do I know Baby is getting Enough



- **Gaining weight**
- **Satisfied after feeding**
- **Appropriate number of wet and stool diapers**
- **Showing stool transitions (in early days of breastfeeding)**

## POOP COLOUR CHART ON EXPECTED OUTPUT BY NEWBORNS IN THEIR FIRST FEW DAYS

PERIOD	COMPONENTS/INDICATION	COLOUR	SAMPLE
First bowel movement	Consist of meconium, a substance made of amniotic fluid, mucus, skin cells, and other stuff ingested in the womb, it doesn't really smell – so you may not realise that it's time for a nappy change	Sticky greenish black	
2-6 days after birth	Mixture of meconium and milk bi-products, indicates that newborns start digesting early breast milk or formula and that his intestinal tract is fine	Spinach-green or yellow	
After 6 days	Yellow, green or brown stools, formed or unformed	Yellow, green or brown	

# Breast fed baby stools



## Diapers of the Breastfed Baby

Looking at a baby's poop and pee can help you tell if your baby is getting enough to eat.

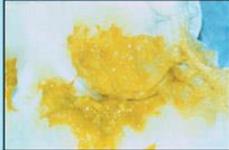
The baby's poop should change color from black to yellow during the first 5 days after birth.



The baby's first poop is black and sticky.



The poop turns green by Day 3 or 4.



The poop should turn yellow by Day 4 or 5.



Poop can look seedy.



Poop can look watery.



Illness, injury, or allergies can cause blood in poop. Call Doctor.



Babies make some large and some small poops every day. Only count poops larger than this. By Day 4, most breastfed babies make 3 or 4 poopy diapers every day.



On Day 1 or 2 some babies have orange or red pee. By Day 3 or 4, breastfed babies should make 3 or 4 wet diapers with pee that looks like clear water. A wet diaper is as heavy as 3 tablespoons of water.



# How Often and When to Feed



- **Nursing Should be on Demand**
- **Bring Baby to Breast when baby is showing hunger cues**
  - Squirming
  - When cheek is touched, turning head toward the touch and opening mouth (Rooting)
  - Smacking Lips
  - Sucking on Hand
  - Fussing
  - Crying (Late sign of hunger)

# Nutrition



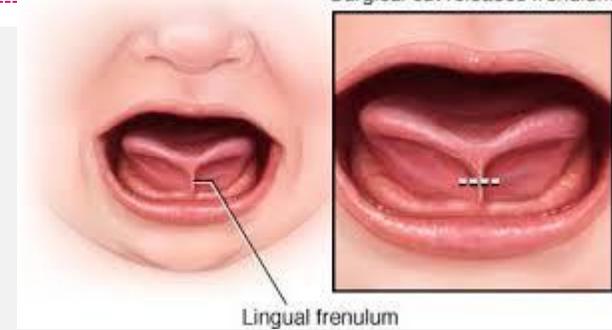
- **CALORIE NEEDS:** 2130 to 2730 kcal/day for the first six months of lactation, and 2200 to 2800 kcal/day
- **PROTEIN:** 71 grams per day, which is 25 grams MORE than the requirement for nonlactating/nonpregnant woman
- **CALCIUM:** 1000 mg daily for women 19 years and older, and 1300 mg daily for adolescents
- **VITAMIN D:** estimated 600 international units (IU)/day
- **IRON:** 9 mg daily for women 19 years and older, and 10 mg daily for adolescents
- **ALCOHOL:** recommend that a woman wait about two hours after consuming a single serving of alcohol

# Latching Challenges



- **Seek Help Even if you are home!**

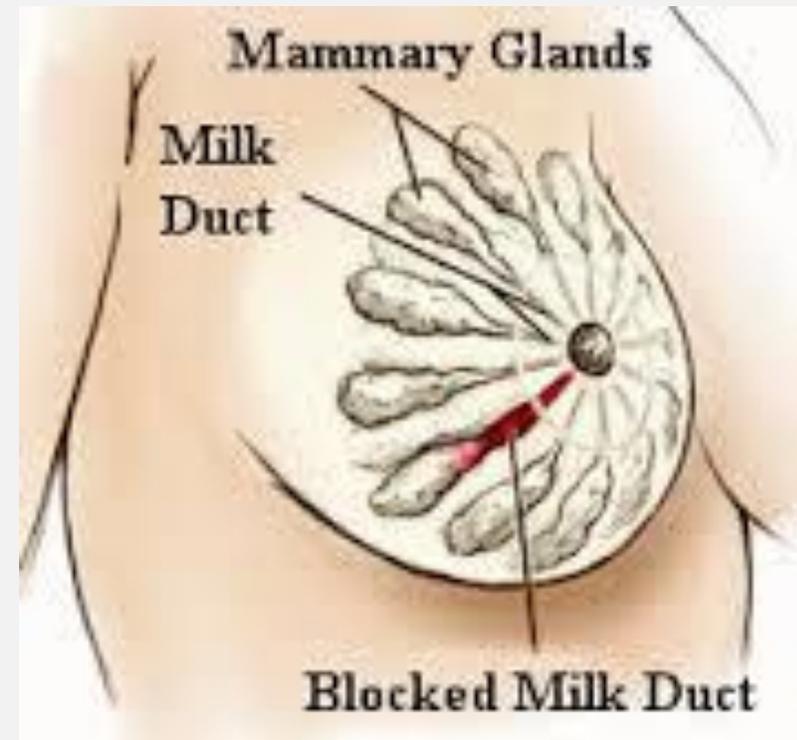
- Premature OR small babies
- Tongue or lip tie
- Shallow latch (painful)
- Nipple structure (inverted/flat nipples)
- Sleepy baby
- Engorgement
- Nipple Pain



# Clogged Milk Duct



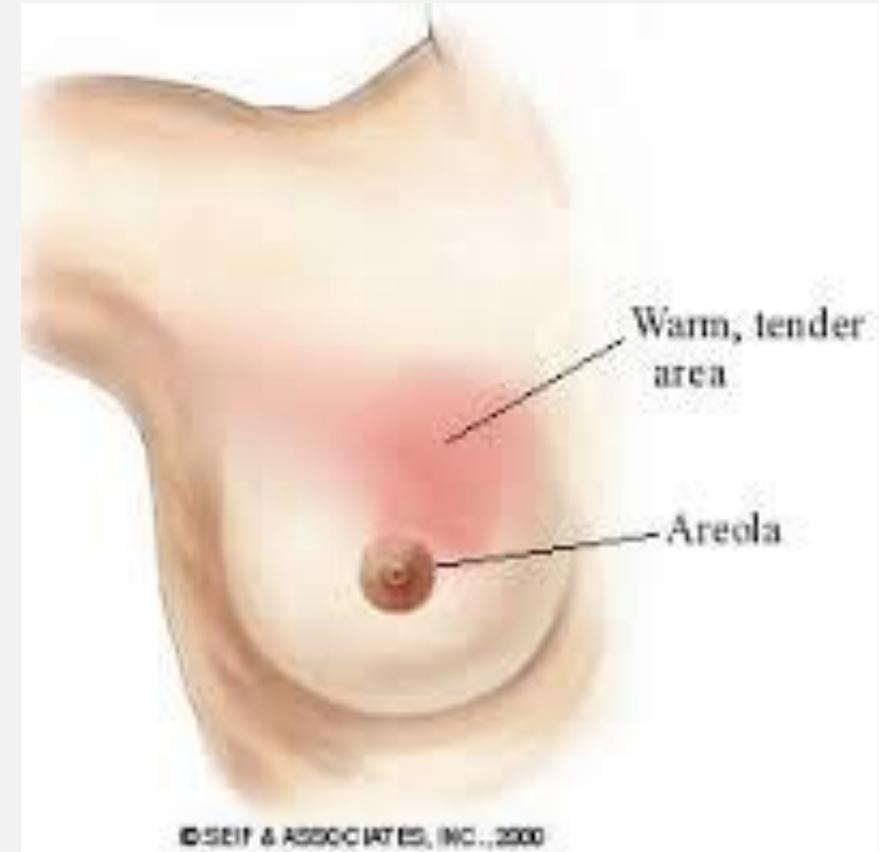
- It will feel like a (tender) lump in the breast tissue
- Help break up the lump/knot with massage while nursing.
- Warm compress prior to nursing will help loosen/break up.
- Vary positions to help clog work it self through



# Mastitis



- Starts as breast inflammation
- Can go onto becoming an infection
- Area on breast will be red/hot/swollen
- Fever or Flu like symptoms
- Evacuate the breastmilk frequently and affected side first
- Treat inflammation with anti-inflammatory medication (ibuprofen)
- Rest/hydrate to heal
- Continue to provide this breastmilk to baby
- Contact provider—if infection, will require antibiotics



# Preparing for Breastfeeding

## ● Supplies

- Nursing pillows
- Burp cloths
- Nursing bras
- Breast pads
- Nursing tops
- Stool
- Access to support/reference if having trouble
- Haakaa Manual Breast Pump
- Lactation Massager
- Some desire: breast pump, nursing cover, nipple cream
  - ✦ Over the counter nipples creams recommended:
    - Mothers Love, Earth Mama



# When To Start Pumping



- **Ideally you want to wait AT LEAST 2-3 weeks or longer** to allow breastfeeding to become fully established
- When trying to create a surplus for storage, the best time to pump is in the morning after the first morning feed
- To increase yield from the breast
  - Use hands on pumping
    - ✦ <https://med.stanford.edu/newborns/professional-education/breastfeeding/maximizing-milk-production.html>
  - Double Pump using a hands free bra
  - Can try a power pumping session (if trying to increase yield)
  - Once a day you can try Power Pumping
    - ✦ ***Pump for 20 minutes; rest 10 minutes***
    - ✦ ***Pump another 10 minutes; rest for 10 minutes***
    - ✦ ***Pump again for 10 minutes; finish***
      - ***This provides 40 minutes of pumping in a 60 minute period. At other times during the day, use routine pumping. Some women find implementing power pumping on three consecutive days or nights is sufficient, while others may power pump for up to seven consecutive days to get results***

# Building your Network



- **Friends/Family who have breastfed**
- **Breastfeeding support groups**
- **Lactation specialist**
- **Your Partner**
  - Take charge of Diaper changes
  - Bring mom snacks/drinks
  - Hold baby/walk baby after the feeding to help relax the baby
  - Be a buffer between mom and other relatives or friends

# Resources



- **Books**

- The Womanly Art of Breastfeeding (La Leche League International), by Diane Wiessinger, Diana West, Teresa Pitman
- The Breastfeeding Café, by Barbara Behrmann
- Breastfeeding Made Simple, by Nancy Mohrbacher and Kathleen Kendall-Tackett
- So That's What They're For, by Janet Tamaro
- The Ultimate Breastfeeding Book of Answers, by Jack Newman and Teresa Pitman

# Resources



- **Websites**

- [Llali.org](http://lalli.org)—La Leche League International
- [Lowmilksupply.org](http://lowmilksupply.org)—Diane West and Lisa Marasco's website
- [Kellymom.com](http://kellymom.com)—Kelly Bonyata's website
- [http:// https://ibconline.ca/](http://https://ibconline.ca/) (Newman Breastfeeding Clinic)--Dr. Jack Newman's
- <http://med.stanford.edu/newborns/>  
<https://med.stanford.edu/newborns/professional-education/breastfeeding/> --  
Stanford University/Dr. Jane Morton

ZIPMILK.ORG  
<http://www.zipmilk.org/>



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Do you need help breastfeeding? Enter your zip code to find support near you.

Find Providers

[Search by State](#) [Submit a Listing](#)

### The Landscape of Breastfeeding Support

Many types of breastfeeding help are listed here. [Find out](#)

### Searchable by Zip Code

When you search by zip code, the resources closest to you appear at the top of the search.

### Maintained by Local Experts

The breastfeeding resources for each state are kept current by those who know them best.

**Vital Village Network**  
**Boston Breastfeeding Coalition**  
<http://bostonbreastfeeding.weebly.com/>



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