

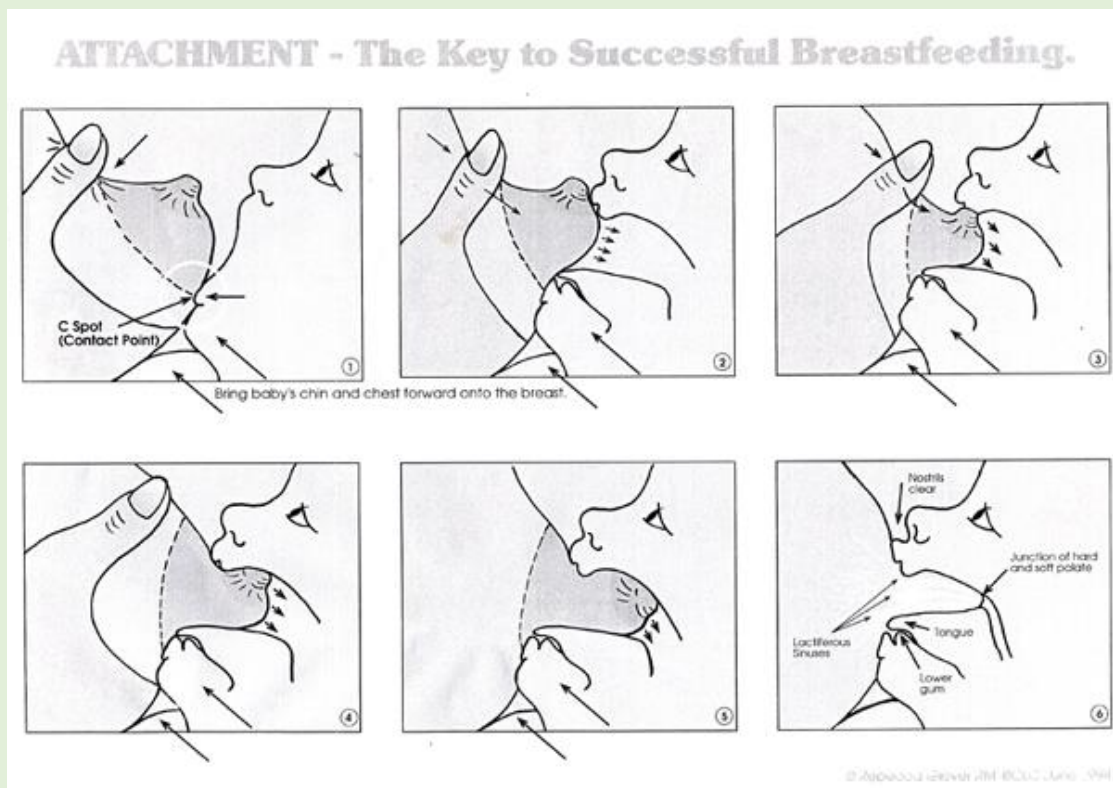
YAY, I am going to breastfeed!!!

How and when should I latch on my baby after the birth?

Best would be to latch your little one on within the first 2 hours after birth. Infants who suckle in the first 2 hours ingest significantly more milk on day four than those who did not.

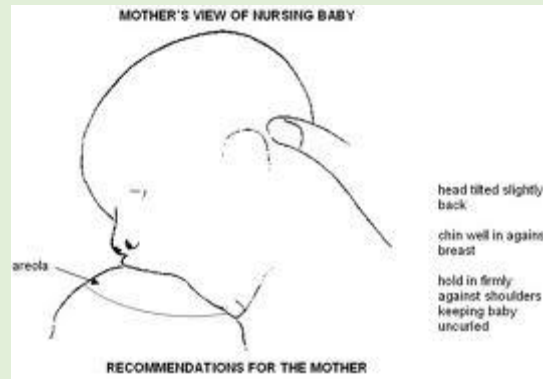
Make sure you breastfeed at least 8 times within the first 24 hours after your baby's birth. Have your baby skin to skin as much as possible

How do I latch on my baby correctly?



Take off a layer of clothes your baby is wearing so it doesn't get too warm. Also take off gloves if your baby is wearing them- baby will massage your breast while breastfeeding so the gloves would be in the way (hand massage will release oxytocin which you need for milk flow). Make sure your baby latches on "asymmetric", so "nose-to-nipple".

Make sure your baby is tummy-to-tummy or chest-to-breast, hips flexed. Shoulders and hips align, arms and hands are around your breast.



When do I feed my baby?

REM sleep is the perfect time to latch your baby on.

How do I know I have enough milk?

Your baby will be alert/crying before a feeding and relaxed after a feeding. Your breasts will feel full before a feeding and softer after a feeding. Generally your pediatrician is happy with your baby's weight gain. You have a CLC who helps you and confirms everything is going well.

Does medication during labor affect my milk supply?

Yes, in fact, it does. When labor medications have been used during labor- even "only" i.v. fluids, infants lose more weight in the first postpartum days than when a mother didn't have any medication. The reason is that the milk ingredients are a bit different. Epidural babies and c-section babies will particularly need to be observed more closely to ensure they get nourished enough during their first days.

Why is it so important to exclusively breastfeed?

Formula changes your baby's pH for 6 weeks, making them more prone to infections. If you would feed your baby water, your little one will nurse less because water will lower their thirst which is the initial cue for breastfeeding- for about 6 months, thirst will make babies go to the breast, not hunger).

I have heard of foremilk and hindmilk. What is that?

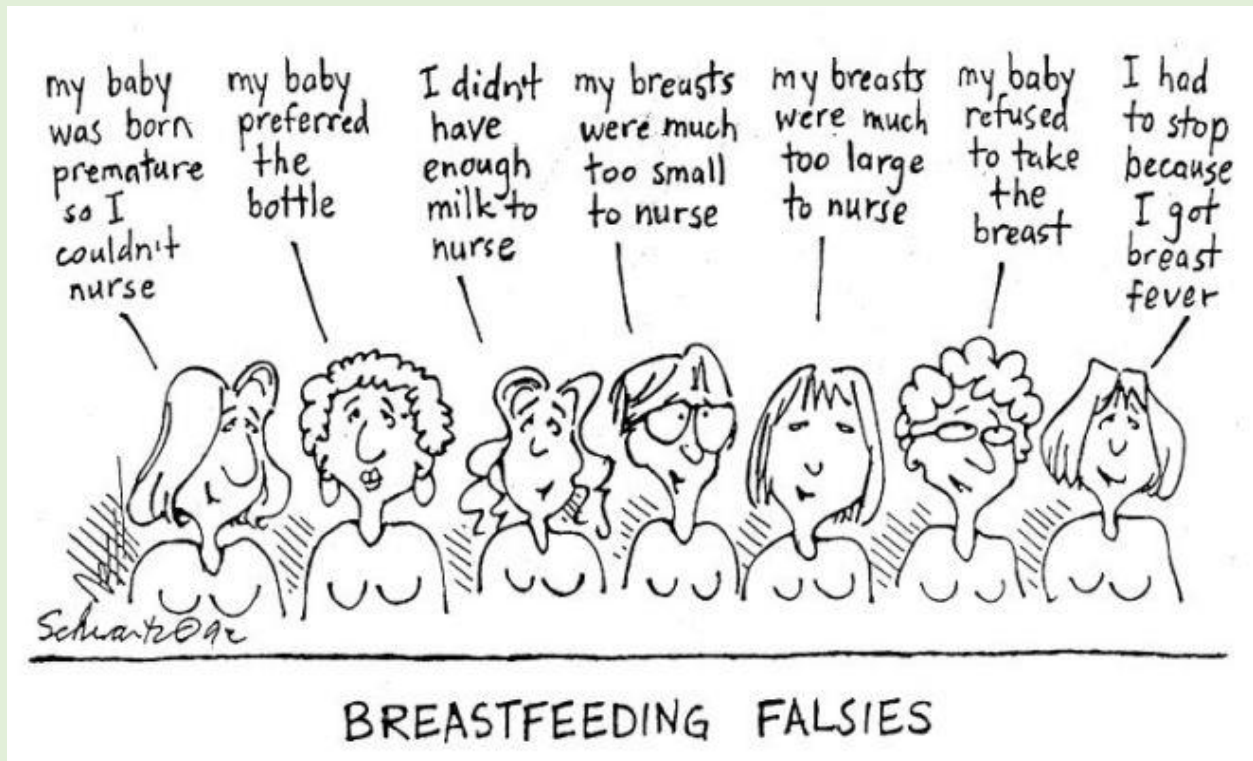
The milk at the beginning of a feeding is called foremilk. It sometimes has less fat than the hindmilk which comes after a few minutes of nursing. Hind milk is not always dramatically higher in fat though.

Why is breastfeeding so difficult that mothers need help?

Because most parents have unrealistic expectations about breastfeeding. Maybe no breastfeeding or newborn care class was taken but even when a class has been taken- many women still think they can breastfeed “on the side”, pump immediately or have their baby sleep through the night after 4 weeks. In the beginning though breastfeeding takes time to establish, pumping should not be introduced before 4-6 weeks after birth and a baby needs to be fed every 2-3 hours, day and night.

Myths about milk supply:

- “It’s about breast size”. Well, no. The proportion of glandular and fat tissue and the number and size of the milk ducts are not related to your milk production
- “I am not getting enough fluids”. While you should keep drinking as much as you did during pregnancy it makes no difference in the milk production when you drink less. You will be thirsty during breastfeeding though; this comes from oxytocin release and the fact that you have an antidiuretic (kidney) hormone active while you nurse
- “I am working too hard or don’t get enough rest”. Rest is not associated with increased milk production. If you have not enough milk it could be though that you are anemic- check with your lactation counselor and OB.
- “I am stressed/uptight”. Luckily this has no effect on how much milk you produce. Stress might alter your behavior and that then leads to less milk.
- “I am not eating the right things”. The number of calories you need for breastfeeding is less than we (WHO, CLC’s) previously believed. Women have breastfed under conditions we can’t even imagine and their babies were just fine.



One or two breasts per feeding?

Try to always offer both breasts in one feeding. Start with the breast you stopped with at the last feeding. Some babies do better on one breast per feeding though, that's fine too.

Should I breastfeed more often and shorter, or less often and longer?

The hormone prolactin will produce your milk. If you nurse **more often**, the prolactin level will continue to stay up and also reach a higher level. If you have a higher level, you have more milk and your baby will gain weight better 😊

If you breastfeed less often, therefore longer, your prolactin level will go down. So the idea is to breastfeed more often, i.e. 10 times in 24 hours, about 15 minutes per feeding.

Does the milk change during the day?

Yes, your milk is a bit higher in volume/less fat in the morning. In the afternoon though it has more fat and less volume. If you have a baby in the NICU i.e. make sure you pump more in the afternoon so your baby gets the best milk. When you pump you will notice that it's a bit more milk in the morning and less (but higher in fat) in the afternoon

What should I not eat while I breastfeed?

You can eat pretty much everything. Lower your cow's milk intake though since it can bother a baby. Especially when your baby tends to get colicky cut out cow's milk completely. If you do that though, please talk to a dietitian about your calcium intake.

Food flavors will go into the milk; most babies love it!

Caffeine is ok during breastfeeding. Alcohol though does pass through the milk and makes your baby drink less because babies don't like the taste.

So how long is breastfeeding recommended?

WHO, UNICEF and US health authorities recommend that infants are **exclusively breastfed for the first 6 months of life**, and continue to breastfeed with the addition of appropriate complementary foods until 2 years or older.

How do I store expressed milk?

If you use your milk within 4 hours -> keep at room temperature or refrigerate

If you use your milk within 4 days -> refrigerate at 40 degrees F

If you use your milk after 4 days -> freeze at -18 degrees F, thaw frozen milk in the fridge before using and warm it under hot water. Don't shake it, just roll it in your hands (otherwise the enzymes are getting destroyed).

Don't heat breast milk in the microwave!!!

FUN FACTS ABOUT YOUR MILK

- Mothers of male infants produce milk that have a 25% greater energy content than mothers of female infants
- Milk is more than nutrition: besides water, lactose, fat and protein, human milk has hundreds of other species-specific bio-active components forming a unique microbiome
- Breastfeed babies are much less likely to get diarrhea because the gut gets protected with antibodies, white blood cells and hormones

FUN FACTS ABOUT YOUR BABY'S BENEFITS ON BREASTFEEDING

- You always have your milk with you, it's at the right temperature, gives your baby skin contact, creates a layer of antibodies in baby's intestines and has the perfect ingredients that your little one needs that day
- Breast milk is pretty much sterile. In formula are a lot of germs when it's getting prepared and still there are frequent call-backs by the companies due to bacteria found in formula.
- Your little ones risk for ear infections, diarrhea, asthma, dermatitis, obesity, type 1 and 2 diabetes, leukemia and SIDS is much lower when you breastfeed

FUN FACTS ABOUT *YOUR* BENEFITS

- Your risk of getting postpartum depression, certain types of cancer and type 1 and 2 diabetes are much lower than if you didn't breastfeed
- You will lose your baby weight much faster when breastfeeding
- It's much cheaper and easier than bottle feeding
- It's more fun- you will release the hormone oxytocin (=love hormone) when you breastfeed

If I'd ever need to supplement, what else could I do besides formula?

Nowadays I recommend to go to a milk bank first before considering formula. Every hospital in NY is working with a milk bank that could send donated milk for a small fee. Speak with your Lactation Counselor if you'd need to get in touch with a milk bank.

If I do give formula, how do I do it:

Please please read the instructions on the package of your formula. Every company has a different way on how to prepare the formula. Here is what counts for all:

Mix powdered formula with exact amount of water at a temperature of at least 70 degrees C or – 158 degrees F. Remember that formula is made from cow's milk so make sure there are no lactose-intolerant family members. If there are, switch to either milk bank-milk or soy milk formula (last option).

If formula is not being fed immediately, refrigerate it right away and keep refrigerated until feeding. Don't ever stretch the formula, it has very negative consequences for your baby (i.e. could cause seizures).

Use glass bottles and clean the bottles properly after each use, especially the teats!

There are a lot of health claims made for formula. These are actually marketing claims; if you go i.e. to the FDA's med watch system you can see all the cases of reported problems in formula.

How do I make sure my baby doesn't get overfed with the bottle?

Follow your baby's feeding cues. Cuddle your baby close when feeding and allow him/her to pace the feeding. Avoid trying to finish the bottle. Alternate the side the baby is fed on and have the baby sit up for the feeding rather than lying down. Burping is really important for bottle-fed babies.

Are there other things I should watch out for when feeding formula?

Formula-fed babies have more reflux and spit up more than breastfed babies. Observe your little one whether that is the case and discuss with your CLC if you should then switch to another formula. Please don't just switch the formula by yourself; it's not good for your baby to switch several times.

What about pacifiers?

AAP's SIDS statement (2011) recommends that "for breastfed infants, delay pacifier introduction until breastfeeding is firmly established, usually 3 or 4 weeks of age." Generally babies who are getting pacifiers have more diarrhea than babies who don't, tend to have more ear infections and get breastfed shorter than babies who don't get a pacifier. Best would be to not give a pacifier at all.

Can I give my baby bottles of water or formula?

Water is not needed for either breastfed or formula-fed babies. Even when it's hot outside ☺. Babies are driven to the breast by thirst, not hunger.

What are the negative influences on milk supply?

- 1) Long spaces between feedings
- 2) Cigarette smoking: smoking mothers may make less milk; their baby may gain less weight. It is still better to breastfeed a baby while smoking than switching to formula.
- 3) Pacifiers
- 4) Bottle feeding

Notes/ questions: