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Breastfeeding

The First Few Weeks



Text MILK to 99000 to watch
real-life breastfeeding stories





You're Doing It!

Breastfeeding is a special time for you and your baby. Don't worry if it doesn't feel easy at first. Lots of moms say it takes a few weeks to get the hang of it, but once you do, it feels natural! Both you and your baby are learning, so be patient. You're off to a great start!

Here's what you'll learn in this book:

1. How do I breastfeed my baby? (Page 1)
2. How does breastfeeding work? (Page 5)
3. What if I am having problems? (Page 11)

How do I breastfeed my baby?

Breastfeeding is a special time for you and your baby. Make the most of it by finding comfortable positions to feed your baby.



TEXT4VIDEO

Text MILK to 99000
to watch the *Get
Comfortable* video.



Breastfeeding Positions

The best position is one that feels good to you.

Laid-Back

This helps your newborn naturally attach to your breast.

- Lean back comfortably and use pillows if you'd like
- Lay your baby on her tummy on top of your chest with her cheek near or on your breast
- Support her head with your arm or hand if needed
- Your baby will find your breast when she's ready to feed or you can help her



Football

Here's a great position especially if you had a c-section or have large breasts.

- Hold your baby along the side of your body
- Tuck your baby's legs under your arm
- Slide your arm under her back, and rest her head on your hand
- Offer her the breast on the same side as the arm that is holding her



Cradle

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This is good for babies when they have more head and neck control.

- Put your baby on her side, tummy-to-tummy with you
- Rest her head on your arm with her nose in front of your nipple
- Tuck her lower arm under your breast



Cross-Cradle

Lots of moms enjoy this position.

- Support your baby's upper back and neck with your hand
- Put your baby across your body tummy-to-tummy (her tummy against yours)



Side-Lying

This one is great for feeding at night, but don't fall asleep while your baby is in your bed.

- Make sure bedding and pillows are pushed aside
- Both you and your baby lie on your sides, tummy-to-tummy
- Start with her nose in front of your nipple



What is a latch?

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A latch is how your baby attaches to your breast.

Why is a good latch important?

- Helps your baby get enough milk
- Makes your nipples less sore
- Allows your breasts to make more milk

How do I know it's a good latch?

- His mouth is open wide with lips curled out, and his chin is touching your breast
- You can see his ear and jaw move as he sucks
- You can hear him swallow (a soft sound like "ca-ca")
- You can feel a tug that's not painful



2 How does breastfeeding work ?



Like most new moms, you probably have lots of questions about breastfeeding and how it all works. Here are some answers for you.

TEXT4VIDEO

Text MILK to 99000 to watch the *Hunger Signs* video.



When will my body start making breastmilk?

Your first milk is called colostrum, and most women start making it in their last few months of pregnancy. It might seem like you are only making a tiny bit of it, but this thick and golden-colored milk is exactly what your baby needs in the first few days. The colostrum slowly changes in the first two weeks after birth.

What if I don't make enough milk for my baby?

Trust your body. The more you breastfeed your baby, the more milk you make!





Using pacifiers or bottles in the first few weeks can get in the way of breastfeeding and reduce the amount of milk you make! After 4 or 5 weeks, you can offer your baby a pacifier when you put her to sleep.

How do I know when to feed my baby?

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Watch your baby, not the clock. All babies show these signs of hunger:

Moves legs



She moves her legs as if she's crawling

Tongue out



She opens her mouth, sticks her tongue out, or makes sucking sounds

Fist in mouth



She brings her fist to her mouth

Turns to breast



She turns her head toward your breast (this is called rooting)



How often should I feed my baby?

- Feed your baby whenever he is showing hunger signs.
- Your baby should feed at least 8 times in 24 hours.
- Feed him for as long as he is sucking and swallowing.
- Wake your baby if he sleeps more than 4 hours between feedings, even at night. Newborns need to eat often.

It's hard to get your baby to latch on when he is crying. Watch your baby's hunger signs so you can feed him before he starts to cry.

How do I know if my baby is getting enough milk?

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- She has at least 6 wet diapers each day by Day 5.
- She gains weight. Most babies lose a little bit of weight at first. By Day 5, she should start gaining it back.
- She seems calm and full after feedings.
- She has times during the day when she is awake and alert.
- Your breasts feel full before feedings and softer when you are done.



When should I call my baby's doctor?

- Not enough wet and dirty diapers
- There is a red or orange stain in her diaper after Day 3
- Baby has a hard time latching on or isn't feeding well
- Baby acts hungry after feeding
- Baby seems very sleepy
- Feedings are very short (5 minutes) or very long (45 minutes or longer)
- Baby does not seem to be gaining weight

3 What if I am having problems?

For some new moms, breastfeeding is easy. For others, it can be more difficult. Don't give up! For every breastfeeding problem, there is a way to fix it.



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Text MILK to 99000 to watch the *Self-Care Tips* video.



Who can help?

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Get help by calling your doctor or lactation consultant. Also, if you are in a program such as WIC, Early Head Start, or Nurse Family Partnership, they can help you too. Support groups through your hospital are another a great option.

Common Problems

Engorgement

If you don't breastfeed enough, your breasts can get hard, swollen, warm, and painful. This is called engorgement. It may hurt, but keep breastfeeding. If you are still in pain after 24 hours, call your doctor or a lactation consultant.

Engorgement can lead to more painful problems, such as blocked ducts or mastitis, a breast infection that can make you very sick. If you have a hard, sore spot on your breast, call your doctor right away.





Tips for engorgement

Before feedings:

- Take a warm shower, or use a warm, wet washcloth on your breasts
- Massage your breasts to get your milk flowing
- Use your hands to gently squeeze some milk from your breast to help it soften so your baby can latch more easily

After Feedings:

- Wrap an ice pack or bag of frozen peas in a cloth, and place it on your breasts for 15 to 20 minutes (see photo on the left)
- Gently squeeze milk from your breasts (or use a breast pump) until they are not hard or lumpy (see photo above)

Common Problems (continued)

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Leaking Breasts

If you are leaking milk from your breasts, don't worry. This is normal. After a few weeks, it will stop.

Tips for leaking breasts

- Put breast pads in your bra, and change them when they are wet
- Put a towel under you in bed, or wear a comfortable bra with breast pads while sleeping
- Cross your arms over your breasts and press gently when you feel milk leaking

Sore Nipples

In the first few weeks your nipples may feel sore when your baby first latches on. If it keeps hurting, you may need help getting a better latch.

Tips for sore nipples

- Make sure your baby has a good latch
- Don't use harsh soaps on your nipples
- If you use breast pads, change them when they become wet
- If the pain gets worse or your nipples are cracked, call for help
- Take a few deep breaths as your baby latches on



Take Care of YOU!

Get rest, go out for walks, drink lots of water, and eat healthy foods. It's OK to ask for help when you need it. You may want to limit visitors in the first few weeks. Having visitors can be tiring. If you get sick, remind your doctor that you are breastfeeding. Remember to take only medicines that are safe for breastfeeding.



When should I call my doctor?

- There is a hard and painful spot on your breast
- You feel like you have the flu (chills, aches, or headaches)
- You have a temperature over 100.4 °F
- You have nipple pain that does not go away
- You notice an open sore on your nipple that will not heal

What did you learn?

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- Different positions for breastfeeding
- Why a good latch is important
- How to get a good latch
- Baby hunger signs
- How often your baby needs to eat
- Signs your baby is getting enough milk
- Common breastfeeding problems
- When to call the doctor for you or your baby

You can do it!

You and your baby are off to a great start! Because you are both learning, it's important to be patient and remember that breastfeeding takes practice. It's OK to ask for help. This is an amazing time for you and your baby!



A Breastfeeding Checklist: Am I Doing It Right?

Signs of Correct Breastfeeding:

- Your baby's mouth is open wide with lips out
- She has most of your breast in her mouth
- You can see her ear and jaw move as she sucks
- You can hear her swallowing
- You feel little or no pain when she is breastfeeding

Signs of Incorrect Breastfeeding:

- Her mouth is not open wide, and her lips are curled in
- She is sucking on only the nipple
- She is sucking lightly and quickly, and you can't see her ear or jaw moving
- You hear clicking noises or do not hear her swallowing
- You feel a lot of pain when she breastfeeds



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TEXT4VIDEO

Videos in the palm of your hand!

Text MILK to 99000

to watch videos of real moms telling real-life stories about breastfeeding.

Over the next few weeks, you'll also receive four text messages with tips on breastfeeding.

If you don't have a smartphone, email milk@injoyvideos.com to receive a link to watch the videos.



"A lot of moms are afraid it's going to be hard, and they get discouraged by that. But it's natural, and your baby was made to do this. And you were made to do this." – Emily

See the rest of Emily's story by texting MILK to 99000.



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