

Breastfeeding Education Topics for weeks 28-32



Are there risks of giving your baby anything other than breastmilk?

In the first days and weeks after your baby is born, giving your infant formula, when not medically necessary, can negatively affect your baby's health, as well as, your breastmilk supply.

If you need to supplement with anything other than breastmilk because of a medical need, using a breast pump and hand expressing will protect your breastmilk supply and allow you the chance to give your baby your own milk. We would also recommend avoiding a bottle nipple. A bottle nipple flows quickly and can be confusing when baby tries to breastfeed again. There are other feeding methods available. Early bottle feeding can have a negative impact on your breastmilk supply and may make your baby less content when breastfeeding.

What is the most common reason parents supplement without a medical reason?

Concern for low breastmilk supply.

How will I know my baby is eating enough when breastfeeding?

When latched your baby:

- ✓ Swallows
- ✓ Pattern of sucking, pausing and swallowing
- ✓ Enough wet/poopy diapers (Day 1- 1 wet/ 1 poopy; Day 2- 2 wet/ 1 poopy; Day 3- 3 wet; 3 poopy) and poop that changes (black → green → yellow)
- ✓ Infant is content/ asleep when coming off the breast
- ✓ No pain for mom when baby is breastfeeding

What is the deal with pacifiers?

The recommendation is to wait until breastfeeding has been established to introduce a pacifier to breastfeeding babies. This is usually around 3-4 weeks after your baby is born. Breastfeeding being "well established" means that latching your infant is easy and you are seeing weight gain and a minimum amount of wet/ poopy diapers.

Pacifiers have been proven to decrease an infant's risk of Sudden Infant Death Syndrome (SIDS). Breastfeeding your infant has also proven to decrease their risk of SIDS, as well. It is recommended that you room share with your infant in their own sleep space and that they are always sleeping on their back to further decrease their risk of SIDS.



To learn more about safe sleep, breastfeeding and pacifier use, scan the QR code.