

Breastfeeding Education Topics for weeks 32-36



Review

- ✓ Signs that your baby is hungry include: sucking fist/ finger, smacking lips, opening their mouth, moving around.
- ✓ Rooming- in with your baby is important to help you learn your baby's feeding cues and provide comfort when needed.
- ✓ Early breastmilk is colostrum and is known as liquid gold because it is rich in nutrition that is necessary for your newborn.
- ✓ You baby's stomach is the size of his/her fist, the size is comparable to the volume of colostrum that your body has stored for your newborn. He/she does not need large volumes to start.
- ✓ Latching is that way your newborn attaches to your breast. To help baby get a deep latch, follow their feeding cues, remember good, supportive positioning for you and baby. Wait for baby to open wide (without crying) and bring them to you with their chin touching your breast first.
- ✓ It is typical for babies to cluster feed and to feed randomly throughout the day and night (not on a set schedule). At home, your baby will eat at least 8-12 times in 24 hours.
- ✓ Avoid formula supplements unless recommended by your baby's pediatrician.
- ✓ If you need to supplement, use alternative feeding methods (cup, soft-feeder or supplemental nursing system).
- ✓ Avoid pacifiers until breastfeeding is going well, about 3-4 weeks.
- ✓ It is normal for a baby to lose up to 10% of their weight in the first days after birth.

Tips

- ✓ First few weeks of breastfeeding is usually the hardest.
- ✓ Use your Loyola staff- nurses, lactations consultants, doctors and midwives- to check how your baby latches, especially if you are having pain.