

# BREASTFEEDING/CHESTFEEDING

## OFF TO A GOOD START- TIPS FOR SUCCESS

Relax. You are the perfect parent for your baby.

There is a learning curve to feeding your baby. **It is new for both of you** and the first couple of weeks is for getting to know each other and establishing a good milk supply. **Nurse on demand** to better support the process. Have grace for yourself as you learn your baby's feeding cues.

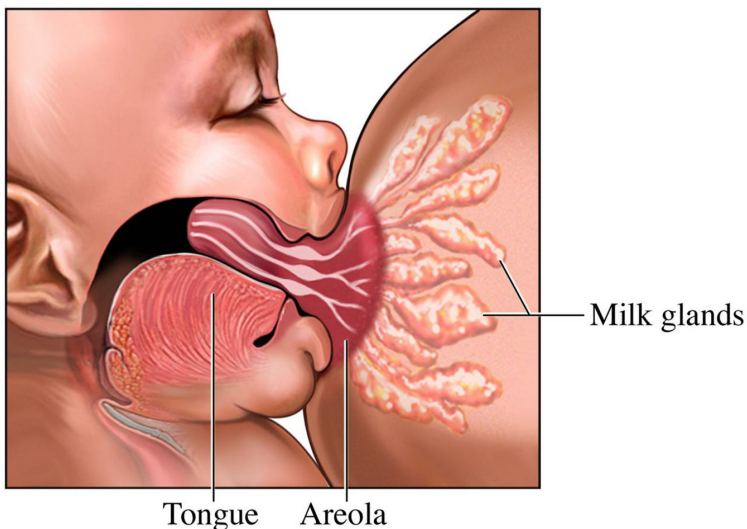
**Skin to skin** contact soon after birth (within 2 hours) and **nursing frequently** (every 2-3 hours) for the first several days will help your milk transition more quickly from colostrum to mature milk. It is **important that you are comfortable**. Try several nursing positions to find what works best for you and your baby.

Nursing might be uncomfortable the first week or two but nothing more than a sunburn like sting. It shouldn't be painful and the pain shouldn't last longer than a few seconds.

Relax  
Hydrate  
Eat plenty of snacks  
Reach out for help  
Connect with local support groups  
You've got this!

In the first couple of days, expect to see 1-2 wet and poopy diapers until your milk comes in. Then you should see 6 wet and 3 poopy diapers each day. (day=24hours)

## PROPER LATCH



- **Proper latch-** baby starts with a wide open mouth, nose pointing to nipple, bring baby to your breast, baby has a great deal of the areola in their mouth, top and bottom lips are flanged out to create a good seal. Break baby's suction with your pinky to start over if it hurts.
- **Don't wait** until baby is crying as your only cue to nurse. Try to feed at the first signs of hunger such as licking their lips, smacking lips, rooting, and putting their fist or hands in their mouth.