



Breastfeeding Your Baby



**simcoe
muskoka**
DISTRICT HEALTH UNIT

Benefits of breastfeeding last a lifetime

Breastfeeding is a skill and may take time to learn. This book is a guide to help you and your baby get started.

Best for babies

Breastfeeding:

- is human milk for human babies
- helps to prevent constipation
- helps to protect against childhood diabetes and childhood obesity
- helps to protect against ear, chest and stomach infections
- helps to protect against allergies and asthma
- helps to protect against Sudden Infant Death Syndrome (SIDS)
- helps to prevent tooth decay
- may lead to smarter children

Best for mothers

Breastfeeding:

- promotes closeness and bonding of mother and baby
- helps the uterus to return to its normal size after birth
- helps to control bleeding after birth
- helps to protect against breast cancer and ovarian cancer
- helps to keep bones strong
- helps with weight loss after birth

Best for families

Breastfeeding:

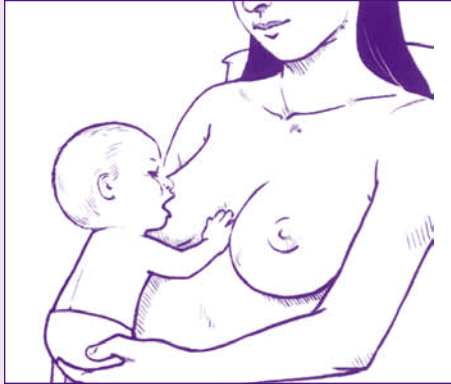
- saves money
- saves time – breast milk is always fresh and ready
- does not produce any garbage

Baby-led latching

Baby-led latching is a natural and simple way for your baby to get to your breast. It is also helpful when your baby is learning to breastfeed, when your baby is not breastfeeding well, or when your nipples are sore.



- Start when your baby is calm.
- Sit comfortably with support and sit back a little.
- Hold your baby skin to skin on your upper chest and between your breasts.



- Your baby will start moving his head up and down looking for your breast. This may look like bobbing or pecking.
- Support your baby's neck, shoulders, and bottom while he moves towards your breast.



- Your baby will find your nipple.
- Your baby will push his chin into your breast, reach up with an open mouth, and latch to your breast.
- It may help to bring your baby's bottom close to your body or give support to your baby's back and shoulders.
- Once your baby is latched, you and your baby can find a comfortable position.

Breastfeeding positions



Cross cradle position

This position works well:

- if you are learning to breastfeed
- if you have a small baby



Cradle position

This position works well:

- after you are comfortable with breastfeeding



Football position

This position works well:

- if you are learning to breastfeed
- if you have a small baby
- if you have large breasts
- if you have flat or sore nipples
- if you had a caesarean birth



Side-lying position

This position works well:

- if you find it too painful to sit
- if you want to rest when you breastfeed
- if you have large breasts
- if you had a caesarean birth

Try different positions. For all positions, check that:

- you are relaxed and comfortable
- your back and arms are well supported
- your baby's head and body are raised up to your breast
- your baby's chest is facing and touching your chest (place your baby on her side except in the football position – for the football position, place your baby on her back or slightly turned to your breast)
- your baby's nose is facing your nipple (bring baby to you instead of leaning over or pushing your nipple into your baby's mouth)
- your baby's chin touches your breast first
- when your baby's mouth is wide open, bring your baby close to your chest by pulling your baby's bottom closer

Getting started

1



Get comfortable and find a position that works well for you. See section on "Breastfeeding Positions."

2



Hold your breast in your hand. Thumb is on top and fingers are below the breast.

3



Face your baby's nose to your nipple. Stroke your baby's lips with your nipple. Wait until baby's mouth is wide open like a yawn...

4



...then pull your baby chin first to your breast. Her mouth should cover lots of the dark area below the nipple (about 1-1½ inches).

5



Your baby is latched on the breast properly when:

- her mouth opened wide
- her lips are curled out
- her chin pressed into your breast
- she is sucking and swallowing milk.

6



If your baby falls asleep after a few minutes, squeeze your breast to help the breast milk flow. Do not squeeze so hard that it hurts. This will help your baby to start sucking again...

7



...also try taking your baby's clothes off or changing her diaper. Gently massage your baby's back, feet, or hands.

8



If you want to take your baby off your breast, break the suction first. You can:

- slip your finger into your baby's mouth **OR**
- pull down your baby's chin.

9

- When your baby no longer has strong "deep and slow" sucks and your breast feels softer, offer the second breast.
- Your baby may only feed a short time on the second breast.
- At next feeding, offer the breast that your baby fed on last. This is often the breast that feels the fullest.

Tips to help breastfeeding

- **Breastfeed within 30 minutes after birth.** Your baby is awake and ready to learn how to breastfeed during this time. Breastfeeding early will also help you to make more milk.
- **Get help to breastfeed.** Ask your health care provider to help get you started. Get help right away if you are having breastfeeding problems. See the back of this book for phone numbers to call for breastfeeding help.
- **Breastfeed often.** In the first month, most babies will breastfeed well at least 8-12 times a day. There are no set times to breastfeed your baby. Breastfeed your baby when she is showing signs of hunger (see section on “Questions about breastfeeding,” question 4).
- **Do not give your baby soothers or bottles.** If you decide to use these it is best to wait until your baby has learned to breastfeed. This often happens by 4-6 weeks. Giving a soother or bottle too early may cause your baby to have problems breastfeeding and make breastfeeding painful.
- **Give your baby only breast milk.** Breast milk is the only food a healthy baby needs for the first 6 months of life. Extra drinks or foods before this time will slow down your milk supply and may affect your baby’s health (for example, your baby may develop an increased risk for allergies).

How to tell if your baby is getting enough breast milk

Signs that your baby is breastfeeding well

You will see:

1. Deep and Slow Sucks

- At the start of the feed your baby will have shallow and quick sucks. When your milk starts to flow the sucks should become deep and slow. There should also be a pause during the suck when your baby's mouth opens the widest. Your baby is drinking milk during this pause. There should be at least 10-20 minutes in total of this "deep and slow" type of suck at each feed.

You will:

- **feel** your breast being pulled with no pain.
- **hear** your baby swallowing (e.g., a quiet exhaled "kaa kaa kaa").



Mouth opening.



Pause when mouth is opened the widest. Your baby is drinking milk during this pause.



Mouth closing.

How to tell if your baby is breastfeeding well

2. Wet Diapers and Stools

| Baby's Age | Wet Diapers Each Day At all ages urine should be clear to pale yellow with almost no smell | Stools Each Day |
|------------------------|---|---|
| 1 day old | <ul style="list-style-type: none"> At least 1 wet diaper (a wet diaper feels like at least 2 tablespoons or 30 ml of water poured on a dry diaper) | <ul style="list-style-type: none"> At least 1-2 sticky dark green/black stools (meconium) |
| 2 days old | <ul style="list-style-type: none"> At least 2 wet diapers | <ul style="list-style-type: none"> At least 1-2 sticky dark green/black stools (meconium) |
| 3 days old | <ul style="list-style-type: none"> At least 3 heavy wet diapers (a heavy wet diaper feels like at least 2-3 tablespoons or 30-45 ml of water on a dry diaper) | <ul style="list-style-type: none"> 3 or more brown/green/yellow stools |
| 4 days old | <ul style="list-style-type: none"> At least 4 heavy wet diapers | <ul style="list-style-type: none"> 3 or more brown/green/yellow stools |
| 5-6 days old and older | <ul style="list-style-type: none"> At least 6 heavy wet diapers | <ul style="list-style-type: none"> 3 or more large, soft, yellow, seedy stools (a large stool is the size of a quarter or larger). Baby should not be passing any meconium at this age |
| 6 weeks to 6 months | <ul style="list-style-type: none"> At least 6 heavy wet diapers | <ul style="list-style-type: none"> 3-4 per day or 1 large, soft, yellow seedy stool per week After 6 weeks some breastfed babies may have 1 very large yellow stool every 1-7 days. This is normal as long as the stool is soft like toothpaste, or seedy, and watery, and your baby is healthy. It is also normal for some breastfed babies to have many stools each day. |

3. Weight gain

- Breastfed babies may lose 7% or less of their birth weight in the first 3-4 days after birth.
- Most breastfed babies then gain at least 4-8 ounces (112-224 grams) a week in the first 3 months.
- Your baby should return to her birth weight by 10-14 days of age.
- Then your baby gains 2¹/₂-4¹/₂ ounces (85-142 grams) a week from 4-6 months.

4. Other signs that your baby is getting enough breast milk

- Your baby has a loud cry.
- Your baby's mouth is wet and pink.
- Your baby's eyes look alert.
- Your baby moves actively.
- Your baby comes off the breast looking relaxed and sleepy.
- Your breasts feel softer and less full after breastfeeding.

GET HELP RIGHT AWAY IF YOUR BABY IS NOT SHOWING SIGNS OF BREASTFEEDING WELL



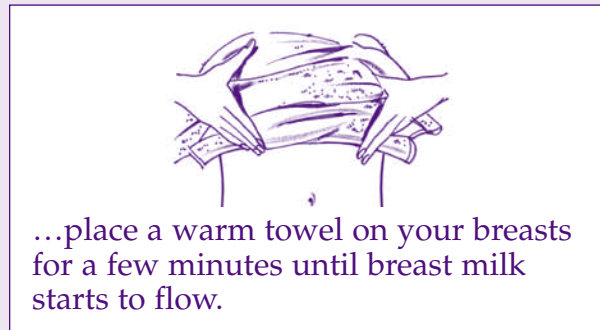
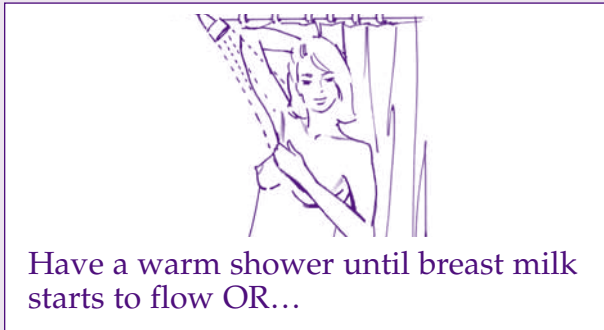
How to tell if your baby is breastfeeding well

General breast care

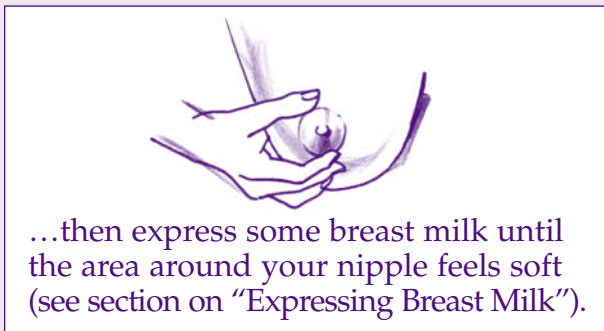
- Rinse breasts with water only and air dry. Do not use soap on your nipples. Soap may dry your nipples and cause them to crack.
- Wear a bra that fits well and is not too tight. Do not wear a bra with underwires.
- After breastfeeding, express some breast milk onto your nipples and the dark area around them to help protect your skin. Let the milk dry before putting on your bra.

Caring for breasts that are hard

- If your breasts become hard your baby may have trouble breastfeeding.



Gently massage your breasts towards your nipple.



After feeding if your breasts are still feeling full or uncomfortable you can apply cold, covered in a cloth, on your breasts for a few minutes. This can help to decrease swelling.

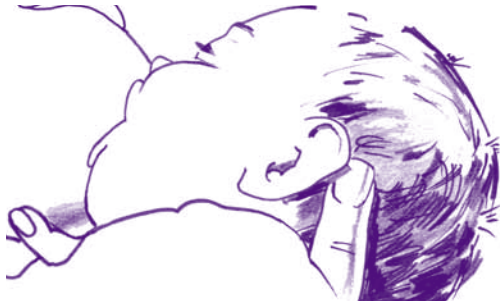
Get help right away if you:

- cannot soften your breasts or are having problems breastfeeding.
- have a red and painful area on your breast.
- have a fever.
- are feeling sick.

See the back of this book for phone numbers to call for breastfeeding help.

Caring for nipples that are sore

- There may be some nipple tenderness in the first week after birth. This should get better each day.
- Breastfeeding should not be painful when your baby is latched and positioned properly.



Your baby is latched on the breast properly when:

- his mouth is opened wide.
- his lips are curled out.
- his chin is pressed into your breast.
- he is suckling and swallowing milk.



Your baby is positioned properly when:

- his head and body are raised up to your breast.
- his head is at the level of your breast.
- his chest is facing your chest.
- his mouth is facing your nipple.

If you want to take your baby off your breast break the suction first.

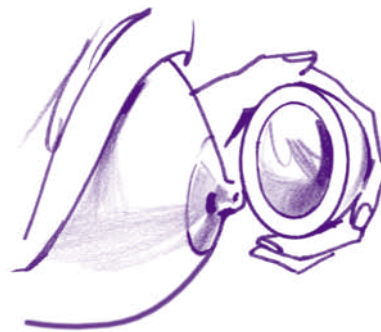
You can:

- slip your finger into your baby's mouth **OR**
- pull down on your baby's chin.



After breastfeeding:

- express some breast milk onto your nipple and the dark area around it.
- let the milk dry before putting on your bra.



You can wear a breast shell under your bra to help protect your sore nipple from rubbing against your bra.

Get help right away if:

- your nipples are still painful after checking that your baby is latched and positioned on the breast properly.

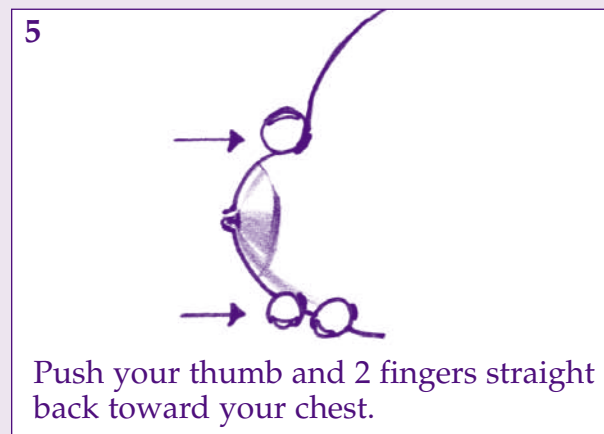
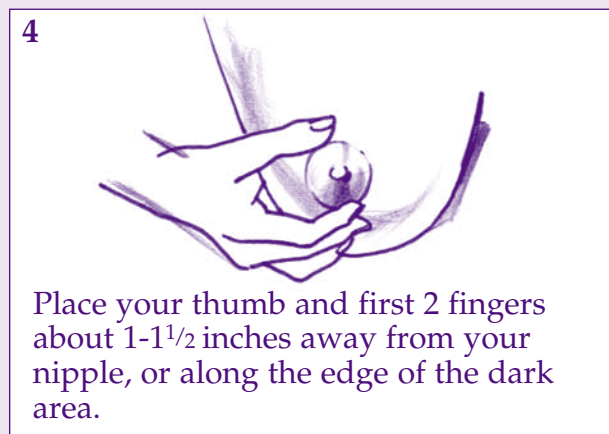
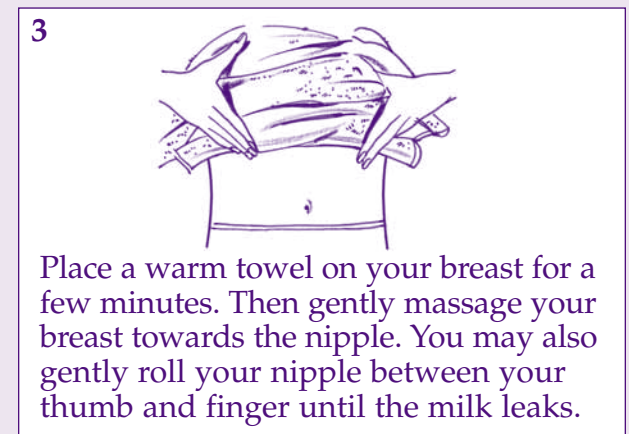
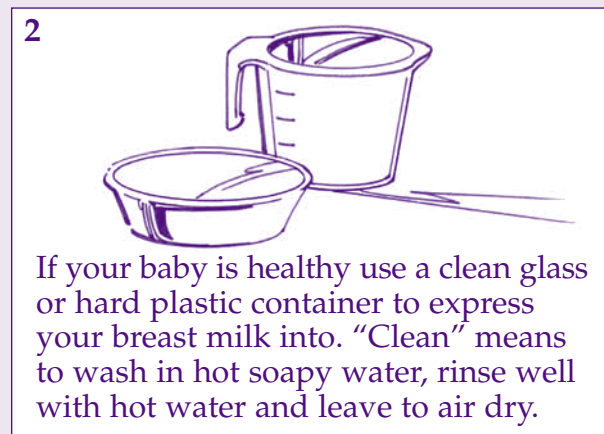
See the back of this book for phone numbers to call for breastfeeding help.

Expressing breast milk

You may need to express breast milk if:

- your breasts are too hard for your baby to latch on.
- you want to give your baby breast milk when you are away from your baby.
- you need to increase your breast milk supply.

How to express breast milk by hand



- Repeat steps 4, 5 and 6 until the flow of milk slows down then switch to the other breast.
- Switch breasts a few more times whenever the flow of milk slows down. Be sure to move your thumb and 2 fingers along all areas around your nipple.
- Many mothers find it easier to express in the morning, when their breasts feel fullest or after breastfeeding the baby.
- You may only get a few drops when first learning to express. Expressing breast milk will get better and easier with practise.

Storing breast milk/thawing frozen breast milk

Storing breast milk

- Freshly expressed breast milk can be stored at room temperature (less than 25°C or 77°F) for 6-8 hours.
- Freshly expressed breast milk must be cooled if not used within 6-8 hours of expressing.

Containers for storing breast milk

- Use glass or hard plastic containers with an air-tight lid (for example, small jars and bottles with lids).
- Special breast milk freezer bags can also be used.
- Do not use bottle liner bags. These are thinner plastic bags that may break when frozen.

Cleaning the containers

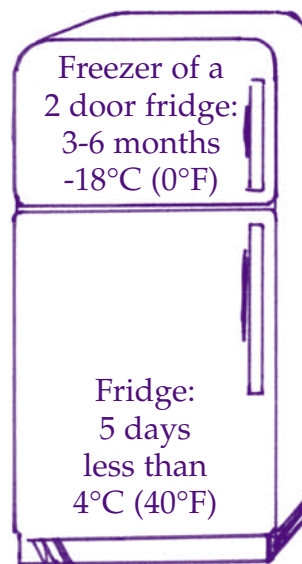
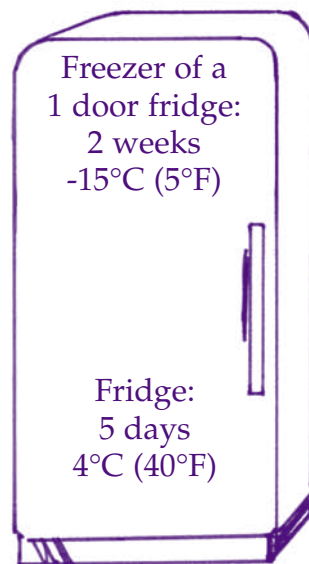
- **For healthy babies** wash containers in hot soapy water and rinse well with hot water. Let the containers air dry on a dry clean surface away from where food is made.

Tips for storing breast milk

- Cool freshly expressed milk within 1 hour of expressing.
- Label containers with date and time.
- Store in smaller amounts to prevent wasting milk.
- Always cool freshly expressed milk before adding it to already cooled or frozen milk.
- Leave a 1 inch space at the top of the container when freezing.

If your baby is premature (born too early) or in the hospital, speak to your nurse about storing breast milk and cleaning containers. Sterilized containers may be provided by the hospital.

Breast milk can be stored in the following ways:



IMPORTANT:

- Place containers at the back of the fridge and freezer where it is the coldest.
- After the storage time has passed, throw out the breast milk.


Storing breast milk/thawing frozen breast milk

Thawing frozen breast milk

- Frozen breast milk that has been thawed can be kept in the fridge for 24 hours.
- Do not refreeze breast milk once it is thawed.

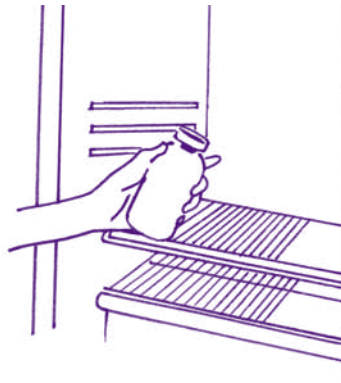
1

Use first




Check the date on the stored breast milk. Use the container with the earliest date first.

2



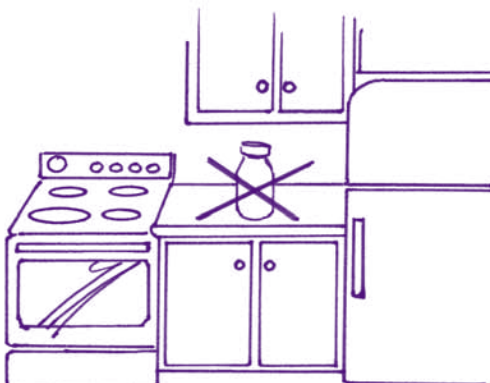
Thaw frozen breast milk by leaving it in the fridge for 4 hours OR . . .

3




...place container under cool running water. Once it has begun to thaw, run warm water to finish thawing.

4



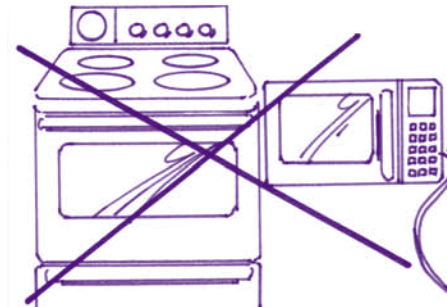
Never thaw at room temperature.

5



Warm breast milk by placing the container in a bowl of very warm water.

6



Do not thaw or heat breast milk on stove or in microwave. Do not refreeze breast milk once it is thawed.

Feeding tips

- Shake warmed breast milk and test the temperature on your wrist before using it.
- Hold your baby when feeding expressed breast milk.
- Make feedings an enjoyable time for you and your baby. Talk to your baby and give lots of smiles.
- Burp your baby as needed.
- Use warmed breast milk within 1 hour. Throw away leftover milk.

Questions about breastfeeding

- Question:** When should I take my baby for a check-up after leaving the hospital?

Answer: Your baby should be seen by a nurse, midwife, lactation consultant or doctor 3-5 days after leaving the hospital. Your baby should then have a second check-up within 7 days after birth. This second check-up should be with your doctor.
- Question:** How will I make enough breast milk for my baby?

Answer: More milk will be made when your baby breastfeeds more often and has a good latch and good suck. Most mothers have more than enough breast milk to feed their baby.
- Question:** What are “growth spurts”?

Answer: Growth spurts are times when your baby is growing quickly and will need to breastfeed more often. They happen at about 2 weeks, 6 weeks, 3 months and later. Growth spurts often last for a few days or for longer periods of time. Breastfeeding more often will make more milk for your baby.
- Question:** What are some signs that my baby is hungry?

Answer: Signs that your baby is hungry and needs to be breastfed:

 - fast eye movements under the eyelids as he begins to wake up to feed.
 - sucking and licking movements of the mouth.
 - putting hands to the mouth.
 - stretching and increased body movements.
 - making small sounds.

Breastfeed your baby when baby is calm and before baby is too hungry and crying.
- Question:** How long should I breastfeed?

Answer: Simcoe Muskoka District Health Unit and the World Health Organization recommend giving only breast milk for the first 6 months. There is no “right time” to stop breastfeeding. After 6 months breastfeeding should be continued for 2 years or more and babies should be given other foods.
- Question:** Should I give my baby vitamins?

Answer: Health Canada recommends giving all breastfed babies vitamin D drops. Talk to your primary health care provider about this.
- Question:** Is it safe to breastfeed if I am taking medicine?

Answer: In almost all cases it is safe to continue breastfeeding. Call Motherisk (416-813-6780) or a Breastfeeding Clinic for more information.
- Question:** Is it safe to breastfeed if I am sick?

Answer: In almost all cases it is safe to continue breastfeeding. If you are sick call your primary health care provider.
- Question:** What should I eat or drink when I am breastfeeding?

Answer: Eat meals and snacks based on *Eating Well with Canada's Food Guide*. When you are breastfeeding include an extra 2-3 Food Guide Servings every day. Remember to choose a variety of foods. Eat when you are hungry and stop when you feel full. Drink when you are thirsty..
- Question:** Where can I find help with breastfeeding?

Answer: Look at the back of this book.

Where to Get Breastfeeding Help



**simcoe
muskoka**
DISTRICT HEALTH UNIT

Tel: 721-7520
Toll free: 1-877-721-7520
www.simcoemuskokahealth.org

Your Health Connection (8:30 a.m. to 4:30 p.m.)

- talk one-to-one with a public health nurse
- ask about a home visit with a public health nurse
- find out more about breastfeeding supports in your area
- get connected with local resources
- sign up for health unit prenatal classes

Simcoe Muskoka District Health Unit 721-7520 or 1-877-721-7520 www.simcoemuskokahealth.org

- Your Health Connection – *breastfeeding support over the telephone*
- Healthy Babies Healthy Children Program – *breastfeeding support in your home*
- The Breastfeeding Place – *a drop-in group setting with other moms and support from a public health nurse*

Collingwood General and Marine Hospital

705-445-2550.....www.cgmh.on.ca

Dr. Jack Newman – *breastfeeding information on-line*..... www.nbcionline.org

email contact preferred for individual consultation and appointment clinics..... breastfeeding@ccnm.edu

voicemail contact if unable to use email..... 1-416-498-0002

North Simcoe Hospital Alliance – Huronia District Hospital Site

705-526-3751.....www.nsha.on.ca

La Leche League Canada – *breastfeeding information, support and encouragement*

1-800-665-4324..... www.lalecheleague.org

Motherisk – *experts on the safety of medications, infections & chemical exposures during pregnancy & breastfeeding*

1-416-813-6780 www.motherisk.org

Muskoka Algonquin Healthcare – *Huntsville District Memorial Hospital Site*

705-789-2311www.mahc.ca

Muskoka Algonquin Healthcare – *South Muskoka Memorial Hospital Site*

705-645-4400www.mahc.ca

Orillia Soldiers' Memorial Hospital Breastfeeding Clinic

705-325-2201 (x3573) – *call for an appointment with a lactation consultant*www.osmh.on.ca

Royal Victoria Hospital Breastfeeding Clinic

– *drop-in clinic with one-to-one support & help from a lactation consultant, twice weekly, call for times & location*

705-728-9090 (x46444), (press 4).....www.rvh.on.ca

Southlake Regional Health Centre Breastfeeding Clinic

– *one-to-one support & help for nursing mothers up to 6 weeks postpartum, call for times & location*

1-905-895-4521 (x2665) www.southlakeregional.org

Stevenson Memorial Hospital 705-435-6281 www.smhosp.on.ca

Telehealth – *24 hr health information line, talk with a registered nurse*..... 1-866-797-0000