

Signs That Early Breastfeeding Is Going Well

- Baby nurses a **minimum** of 8 to 12 times in 24 hours. Feed your baby when he/she shows hunger cues and remember that it takes 6 to 8 weeks to establish a good milk supply.
- Baby's urine is pale in color.
- Baby wets at least five diapers every 24 hours from day four onward.
- Baby's stools transition from black and tar-like to yellow and soft during the first week. Bowel movements may be frequent and amount may vary.
- Baby regains birth weight by 2 weeks of age and continues to gain about 7 ounces per week.
- **Call NMC or your doctor** if you have any questions or concerns or if your baby is not showing signs that breastfeeding is going well.

www.nursingmothers.org

S.F. BAY AREA CHAPTER

PO Box 5024 San Mateo, CA 94402

SANTA CRUZ CHAPTER

PO Box 66634 Scott's Valley, CA 95067

NMC is a non-profit, non-affiliated organization dedicated to supporting the personal breastfeeding goals of all families. Our services are provided by trained volunteer counselors who have also breastfed.

Se Habla Español



**Nursing Mothers
Counsel, Inc.**

SINCE 1955



**650-327-MILK (6455)
831-688-3954
www.nursingmothers.org**

Contact NMC

Call to hear a list of volunteer counselors who are available to help you from 9 a.m. to 9 p.m. Pacific Time, 7 days a week. Counselors provide support via phone and/or email, and also may be available to come to your home to assist with positioning and latch. All services are offered free of charge.

Visit our web site for Prenatal Breastfeeding Class schedules, information on volunteer training, and other breastfeeding resources.

NMC Counselors

NMC volunteer counselors receive training in breastfeeding management and have also breastfed their own babies. If your needs exceed the scope of our training, we will refer you to an appropriate health-care provider.



Your NMC counselor can answer these common questions and more:

- How do I know my baby is getting enough milk?
- How often should I nurse?
- Is what I am experiencing considered normal?
- How can I breastfeed more comfortably?
- How can I continue breastfeeding when I go back to work or school?

**S.F. Bay Area: Call 650-327-MILK (6455)
Santa Cruz: Call 831-688-3954**

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FREE Breastfeeding Information and Support

9 A.M. TO 9 P.M. PACIFIC TIME BY PHONE

Free Prenatal Breastfeeding Classes

Breast Pump Rentals and Sales



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Pocket Breastfeeding Guide
Keep for Reference

Establishing a Good Supply

Feed Baby Frequently

- Watch for feeding cues and feed baby a **minimum of 8 to 12** times in 24 hours. Breastfeeding should not be limited. Baby should feed on one breast as long as he or she wants, then be offered the other. Alternate starting sides at each feeding.
- **Colostrum** (milk from day 1-3 or so) is high in protein, full of antibodies, and provides all the nourishment your baby needs until your milk begins to mature and increase in volume around day 3-5.
- During **growth spurts**, you can expect your baby to nurse more frequently for 24 to 72 hours. The more milk your baby takes, the more milk your body makes.

Drink When Thirsty

- Nursing mothers need to stay hydrated. Keep water or other healthy fluids next to you. Limit caffeine and alcohol.

Eat a Balanced Diet

- Eat a nutritious diet while breastfeeding just as you did while pregnant.

Rest and Relax

- It is important to rest often. Try to sleep when your baby sleeps. Prepare a nursing area with pillows, water, snacks and anything you need to stay comfortable while breastfeeding. Dads, partners, family, and friends can help with meals, housework, and caring for your baby or older children while you rest.

Positioning and Latch

Positioning the baby properly at the breast and latching baby on well is important to minimize sore nipples and ensure the baby receives adequate nutrition.

Tips for positioning and latch:

- Find a comfortable sitting or lying position for yourself. Use a foot stool and pillows if needed to support baby at breast level.
- Hold baby close, with baby's tummy against your tummy.
- Before latching, baby's nose lines up with your nipple. Baby's chin lines up with the outer border of the areola.
- Support baby's shoulders with the palm of your hand with your fingers around the base of the neck. Avoid pressing on back of baby's head.
- You may support your breast with your other hand. Be sure your fingers don't interfere with the baby's latch.
- Gently brush baby's upper lip with your nipple. When baby's mouth opens WIDE, use your hand and arm to quickly bring baby to the breast.
- Make sure the entire nipple and a good portion of the areola are well back in baby's mouth.
- You should feel a tugging sensation, not pinching or pain, when the baby suckles.



Be patient and keep trying.
This is a learned skill for both you
and your baby!

Having problems?

Call your counselor or NMC at
650-327-MILK (6455)
or **831-688-3954**

Engorgement

When engorgement occurs, breasts become swollen and hard. To keep the breast soft so that baby can latch on, try the following techniques to stimulate the milk-ejection reflex or let down:

- Apply moist heat (warm washcloth or a shower) and massage gently from armpit down breast to areola.
- Express a small amount of milk (hand expression or breastpump). This will soften the areola.
- Nurse baby often. Let baby feed as long as he or she wants on one breast before offering the other to prevent plugged ducts or mastitis (breast infection).
- After a feeding, you may apply cold packs or cold, green cabbage leaves to the breast for 15 minutes for added comfort.
- Call your doctor or NMC if you have very tender or red areas on your breast, a fever, or flu-like symptoms, which could be a sign of breast infection.

Sore Nipples

Sore nipples may result from improper latch or positioning. See the positioning section.

- Feed baby on less sore side first.
- Change feeding position to allow baby's jaw to exert less pressure on sore areas.
- After each feeding, express a few drops of breast milk on the nipple. Immediately apply an emollient such as olive oil, coconut oil, or lanolin to prevent the skin from drying out. You may then put on a clean, dry nursing pad or bra.
- Thrush is a yeast infection that can cause red, shiny, sore nipples and may produce white patches inside baby's mouth. Call your doctor or NMC if you think you might have thrush.