

# Breastfeeding Tips



## *Keep in Mind:*

- > Sore Nipples? Baby's nose, chin and belly button should be touching mom with a newborn and the ears should be aligned with the shoulders.
- > Not enough milk? Breast fed newborns are expected to have one void in the first 24 hours, 2 on the 2nd day, 3 on the 3rd day of life, etc until day 4-5 where the minimum is 6 wet daily.
- > Frequency: Feed q 1.5-3 hrs for the first month.
- > Stools: Yellow seedy liquid stools up to 10 daily and sometimes more are normal for a breastfed baby. So is no stool for 5 days if the baby is 6w or more.
- > Decreased breastmilk: advise mom to mix supplement with any pumped milk. That way every bottle contains the intestinal protection the breast milk provides.

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- > Formula amount: Offer 1 oz/30ml of formula or expressed breast milk after each feeding for 1-2 days.
- > Engorged? Pump before breast feeding a small amount. Cold to breasts between feeding, frozen peas work best.
- > Breast infection: apply warm wet washcloth to breast wrap with disposable diaper to insulate. 20 min QID