



Beginning to **Breastfeed**

Breastfeeding is a new skill you and your baby are both learning.

Sometimes it can be hard for moms and babies to get it right at first. You may need time, patience and help.



Kids deserve the best.

childrenswi.org/breastfeeding

Making Sure Your Baby Gets the Best Nutrition Possible

Children's Wisconsin and the American Academy of Pediatrics (AAP) recommend babies are breastfed or given breast milk exclusively for the first 6 months of life. Breast milk is the best type of nutrition for babies and helps protect them from getting sick.



Options for Your Baby's Nutrition



- Directly breastfeeding
- Pumping milk and feeding from a bottle
- Feeding infant formula



There are many factors that go into these decisions, and we are here to support you every step of the way! Whether you're having trouble producing milk or just looking for some tips, your primary care provider is there to help determine what is best for you as well as your baby.





Getting Started

During the first few weeks of breastfeeding, your baby needs to breastfeed often. Frequent feeding will help your baby gain weight and increase your milk supply. Your baby should breastfeed at least 8 times in a 24-hour period. Expect your baby to feed every 1.5 to 3 hours from the beginning of the last feed. Be sure to offer your baby both breasts at every feed.

Look for signs your baby is ready to breastfeed.

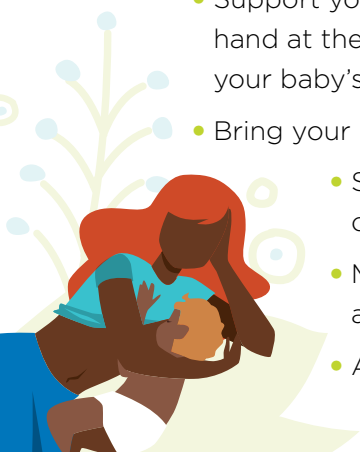
When your baby shows cues, even after an hour, feed your baby!

Feeding cues include:

- Making sucking noises or smacking lips
- Trying to suck on their fists
- Searching for your nipple or “rooting”

There are many ways to position your baby while breastfeeding.

- Position your baby on their side, turned toward your tummy.
- Hold them close to you. Keep their ear, shoulder and hip in a straight line.
- Support your baby's neck and shoulders. Place your hand at the base of the neck. Do not hold or push on your baby's head.
- Bring your baby to your breast, not your breast to them.
- Support and lift your breast with your other hand.
- Make sure that your fingers are away from the areola. This is the dark area around the nipple.
- Align your baby's nose to your nipple.



Podcast: Breastfeeding Your Baby, Month by Month

Lactation counselor Rachel Rebholz explains what you need to know about breastfeeding as your baby grows.

To listen to this podcast, visit **childrenswi.org/breastfeedingpodcast**.



After getting your baby in position, follow these steps to get a good latch.



1

Touch or stroke your baby's top lip with your nipple. This will make your baby open their mouth.

2

Make sure your baby opens wide enough to take in both the nipple and about 1/2 to 1 inch of the areola.

3

Do not push your nipple in. Be patient and wait for your baby's mouth to be wide open.

4

When your baby's mouth is wide open, bring them toward you quickly.

5

Make sure the baby's tongue is underneath the nipple.

6

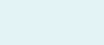
The upper and lower lips should be curled out like "fish lips," not pulled in. The initial latch may feel slightly tender, but then sucking is comfortable.

7

With sucking, watch and listen for a swallow. Your baby's suck should be strong and steady. Your baby should be swallowing often.

8

If the latch is persistently painful, you may need help. Reach out to your baby's primary care provider's office.

Signs That Feeding is Going Well: Is Your Baby						
Your Baby's Age	1 week					
	1 day	2 days	3 days	4 days	5 days	
How Often Should You Breastfeed per day, on average over 24 hours	 Your baby should breastfeed at least 8 to 12 times per day. Expect your baby to feed every 1.5 to 3 hours. Be sure to offer your baby both breasts.					
Your Baby's Tummy Size	 Cherry		 Walnut		 Apricot	
Wet Diapers: How Many, How Wet Per day over 24 hours	 At least 1 wet	 At least 2 wet	 At least 3 wet	 At least 4 wet		
Soiled Diapers: Number and Color of Stools Per day over 24 hours	 At least 1 or 2 black or dark green		 At least 3 brown, green or yellow		 At least 1 yellow	
Your Baby's Weight	Most babies lose a little weight after birth. Your baby's provider will monitor their weight.			From day 4 onward, your baby should gain weight regularly.		
Other Signs	Your breasts should feel softer and less full after feeding.					

Baby Getting Enough?

		2 weeks	3 weeks
6 days	7 days		
			
8 times in a 24-hour period. from the beginning of the last feed. breasts at every feed.			
 icot		 Egg	
 At least 6 heavy wet with pale yellow or clear urine			
 At least 3 large soft and seedy yellow			
ard, most babies gain			
er breastfeeding.			

Signs That Your Baby is Getting Enough Breast Milk

- When your baby is full, your baby will let go of the breast and seem satisfied.
- Your baby will not display feeding cues (rooting, sucking on fingers) after a feed.
- Some babies fall asleep but don't let go. If your baby hasn't suckled in a minute, they may be sleeping.
- To remove your baby from your breast, slide your finger between your nipple and their tongue to break the seal before pulling out your nipple.
- Always feed your baby when they are showing signs of hunger, even if they just ate an hour ago.
- At the next feeding, change the breast you start with. A baby's suck is usually stronger at the beginning of the feeding.



Breastfeeding is a journey that can be filled with challenges and rewards. Children's Wisconsin is here to support you and your baby in meeting your feeding goals.

Children's Wisconsin offers a variety of services to mothers with questions about breastfeeding, pumping and more. Certified lactation professionals are available to help and support families.

Call Children's Wisconsin for more information or to request breastfeeding support from our lactation teams:

Milwaukee (414) 266-1757

Fox Valley (920) 969-7990



childrenswi.org/breastfeeding

