

# ***Breastfeeding- Starting Out Right:***

---

**Your milk supply can take 5 days to fully come in.**

**Until then, your first milk (colostrum) is enough for your baby.**

## **Tips for making a good milk supply:**

- Breastfed in the first minutes after birth.
- Keep your baby skin to skin with you as much as possible.
- Watch your baby, not the clock. Don't let her get to the point of crying for a feed. Pick her up when she makes little sounds, opens her mouth, sucks on her hand, or sticks out her tongue.
- Expect to nurse 8-12 times a day in the first month, wake him if 3-4 hours have passed since the last feeding.
- Avoid bottles and pacifiers for the first month. Bottles can decrease your milk supply and spoil your baby's latch.
- Learn hand expression. Hand expression can work better than a pump, and helps to increase your milk supply.



## **Signs that your baby is getting enough breast milk:**

- She regains her birth weight by two weeks, and then gains 4 or more ounces per week.
- The poops change from dark to mustard yellow by day 5
- 1 poop for every day of life until day 5, then at least 5/day is normal.
- Wakes to feed every 1 ½ to 3 hours.
- He looks relaxed and satisfied at the end of the feed.
- You can hear him swallowing while he is nursing.



## **Expect:**

- The first month to be exhausting and challenging. Waking up often is healthy and normal for babies. It will get much better!
- Your baby to be fussy at times. Hold and carry her as much as possible.
- To “feel like you're nursing all the time”.
- Your breasts to get smaller and softer in the first couple of weeks.
- That a pump may not draw any milk from your breast.
- Growth spurts, when your baby wants to eat even more frequently.
- Your baby to always accept an offered bottle, even when she is full on breast milk.

## When to call for help:

- Your baby is unable to latch onto your breast without a nipple shield
- Not enough wet and poop diapers
- Your baby is very sleepy and hard to wake for feedings
- Nipple soreness that doesn't go away after a few seconds
- Swollen and sore breasts that interfere with latching

**If latching is not working, call WIC immediately. Hand-express or pump your milk at least 8 times per day. Feed your baby the milk you expressed with a dropper, spoon, or cup.**

- ❖ **WIC and Healthy Families at Lewis and Clark Public Health:** Lactation counselors, Registered Dietitians, Registered Nurses, weight checks, coupons for groceries (gross income below 29,471/year for a family of two).  
**457-8912**
- ❖ **WIC Breastfeeding peer counselor** breastfeeding support from a trained and experienced breastfeeding mom, including home weight checks, latch help, and emergency hospital grade lender pumps. **Sarah Crowley 457-8976 and Brie Oliver 457-8975**
- ❖ **Do not spend money on a pump.** Healthy Families and WIC offer hand pumps to all WIC participants, lender Lactina pumps for emergencies, and personal Medela double pumps for full time working moms. **457-8912**
- ❖ **National Breastfeeding Helpline:** 24hrs support by phone. **1-800-994-9662**
- ❖ **La Leche League:** [www.llli.org](http://www.llli.org)  
Breastfeeding helpline: **1-877-4LALECHE(452-5324)**  
**La Leche Leaders in Helena: Marci Myles 465-4481, Melissa Bentley 465-1690**
- ❖ **St Peter's Hospital:** Free breastfeeding consultation. **444-2211**
- ❖ **Dr. Jack Newman's, ncbi website:** Breastfeeding videos and fact sheets.
- ❖ **Hand expression:** free demo at  
<http://newborns.stanford.edu/Breastfeeding/MaxProduction.html>