

# ***Breastfeeding- Starting Out***

## ***Right:***

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**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 30,451/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. **Marisa Johnson 422-3609**
- ❖ **Do not spend money on a pump.** Women on Medicaid can go here to order a free single user breastpump: <https://healthybabieshappymoms.com/montana>. Must complete the form on the page and submit, then notify your MD (MD needs to send in an Rx to Medicaid. 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. **422-3609**
- ❖ **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 Zimmerman 465-1690**
- ❖ **St Peter's Hospital:** Free breastfeeding consultation. **444-2211**
- ❖ **Dr. Jack Newman:** Breastfeeding videos and fact sheets. <https://ibconline.ca>
- ❖ **Hand expression:** free demo at <https://med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html>