



# BREASTFEEDING GUIDELINES

LincolnPedsGroup.com 402-489-3834

## Expect weight loss after birth

- All babies are born with "extra fluid" to get them by until milk comes in.
- They don't need much to drink in the first couple days, which is good, because you don't have much to offer.
- We expect your baby to lose weight after birth but we monitor to make sure she doesn't lose more than **10%** of birth weight while waiting for milk to come in.

**Ideally, milk will be coming in enough by day 4 so that baby will start gaining 1oz per day by day 4 and be back to birth weight by day 14.**

Birth weight: \_\_\_ lbs \_\_\_ oz

Maximum weight loss: \_\_\_ %

Gained/lost \_\_\_ oz in \_\_\_ days

Day \_\_\_ Today's weight: \_\_\_ lbs \_\_\_ oz ( \_\_\_ oz under birth weight)

## The critical hour after birth

- Place baby skin to skin on your chest for the 1st hour after birth and encourage the first latch.
- She can be dried while on your chest.
- Procedures and the weight can wait.
- If problems occur, your baby will be removed from your chest and evaluated.
- Keep a light on and position baby so you can see her face.

## The first 24 hours

- Babies are very sleepy in the first 24 hours, but attempt to nurse at least every 3 hours.
- If there's no latch within 12-24 hours, pump every 3 hours.
- Feed the colostrum with a syringe (boosts immunity).
- Baby should room in with mom and feed on demand.

## How much milk a typical term baby needs each day AND THUS how much mom ideally produces.

It is understood that you can't measure what is nursed. This is just for your information.

Age	Ounces per day	Amount if every 3 hours	Note: Milk doesn't come in exactly as shown. Ideally it comes in by day 4 and reaches full volume in the first week or so. For some, it comes in late and/or slowly over 2-3 weeks. Regular milk removal will optimize production to ideally meet baby's needs.
Day of birth	~1-2oz	~5-10 mL	
(25-48hrs) Day 1	~2-4oz	~10-15 mL	
(49-72hrs) Day 2	~4-8oz	~15-30ml (½-1oz)	
(73-96hrs) Day 3	~8-12oz	~30-45ml (1-1½ oz)	
(97-120hrs) Day 4	~12-16oz	~45-60ml (1½-2oz)	<b>Note:</b> Premis and smaller babies need a bit less than noted. Take baby's weight in pounds and multiply by 2.5. Ex: 5lb X 2.5 = 12.5oz/day Increase volumes as tolerated.
Day 5	~16-20oz	~60-75ml (2-2½oz)	
Day 6			
<b>Day 7</b>	<b>~20-24oz</b>	<b>~75-90ml (2½-3oz)</b>	24oz/day = 1oz/hour. If ate 3 hrs ago, will need about 3oz now.
Day 7 – about 1 month	At least 24oz/day		
Between 1-6months	At least 24oz/day; usually 28-32oz/day		

## The ideal breastfeeding set up

Supply (MOM)	EQUALS	Demand (BABY)
<i>Ideally,</i> mom's milk comes in before baby loses more than <b>10%</b> of birth weight.	EQUALS	<i>Ideally,</i> baby is able to remove enough milk from the breasts to gain <b>1oz per day</b> .
<i>Ideally,</i> mom produces enough milk for baby to gain <b>1oz per day</b> on just breastmilk.	EQUALS	<i>Ideally,</i> baby will empty the breasts regularly (because getting the breasts empty is what tells them to make more milk for each successive feeding).
So if Mom has enough milk and baby has the ability to remove it, just breastfeed away so supply and demand can work out naturally.		

## How many wets and stools

Day	Wets	Stools	Black sticky meconium
1	1	1	↓ Brown ↓ Green ↓ Wet mustard yellow seedy by day 5
2	2	2	
3	3	3	
4	4	4	
After day 4 milk is in	6 or more wets	2-4 larger stools. Smear in each diaper.	

## WHAT IS CLUSTER FEEDING?

- By the time milk comes in (after day 2-3), baby is thirsty and hungry!
  - This intense hunger drives baby to nurse every hour for about 12 hours.
  - The frequent breast stimulation brings the milk in and relieves engorgement.
- Note: Supplementing with formula during this time will stop the hunger drive and thus breast stimulation (see below).
- Feedings will space out as baby's tummy stretches to hold more and the larger supply satisfies her hunger.
  - During these first few days, weight checks are necessary to reassure that weight loss is not excessive and that gain is established.

## FEED THE BABY = Triple Feed

### Supplement & pump if there is an issue with supply and/or demand such that weight loss or failure to gain is a concern.

- If baby loses 7% of birth weight within 48 hours or 10% at any time, supplementation is likely needed.
- NOTE: If % weight loss approaches these numbers, but it is clear that milk is coming in AND baby can clearly remove milk well, continue just nursing, if directed to do so. Weigh tomorrow!
- Always feed expressed breastmilk. If there's not enough, use donor milk or formula as directed.
  - If you supplement, you must pump to keep supply and demand in check. Supplements will satisfy baby's hunger drive and she won't stimulate the breast enough. So pump!
  - Triple feeding will hopefully be temporary, until milk is in and/or until baby removes milk well.
- NOTE: Excessive weight loss (>10%) may be related to an inflated birth weight from maternal IV fluids during a prolonged labor or c-section. The relative weight loss may not be a "problem" if other parameters fall into place, such as milk is clearly coming in, baby latches and removes milk, stools transition, baby is eager for feedings, etc.

# BREASTFEEDING GUIDELINES

## Milk is in - feeding frequency and promoting sleep at night

- While in the womb, baby was awake at night. Now that she's out, she's still awake at night.
- Here's how to get days and nights straightened out, hopefully sooner than later!
- Daytime: Nurse at least every 3 hours, START to START, and sooner when demanded.
- Nighttime:
  - While still under birth weight, you can ALLOW ONE 5 HOUR stretch of sleep at night.
    - At this time, baby's tiny tummy can only hold enough milk to last a few hours.
    - Since the best time for you to sleep is 12 to 5am, get a good feeding in at midnight and set your alarm for 5am and hope for the best!
    - If baby wakes up sooner, feed her. Otherwise SLEEP!
  - Once back to birth weight, gaining regularly and self-waking for feedings, DON'T WAKE BABY AT NIGHT.
  - Smaller babies may need awakened at 5 hrs for a while after return to birth weight.
- BOTTOM LINE FOR BETTER SLEEP:**
  - All babies nurse between 8-12 times in 24 hours.
  - **More calories consumed during the daytime eventually leads to fewer calories demanded during the night time!**
  - Don't bother trying to keep baby awake between feedings during the day, to promote more sleep at night. Just get the calories in. Over time, baby will naturally be awake more during the day.
- If baby sleeps for long stretches at night on a regular basis, consider pumping after 5 hours, for comfort and/or to maintain supply,

### Before milk comes in

- Nurse at least every 3 hours plus sooner on demand, when baby squirms, licks or smacks lips.
- No binky! Assume hunger!
- Alternate breasts equally.
- No time limits. Try for about 10-15 min per breast.
- Listen for rhythmic swallowing sounds (clicks/sighs) after a couple suckles.
- Massage breasts to help the let-down.

## Milk is in - The ideal breastfeeding session

How to get the first breast empty and how to know it's empty.

- Consider that it's time for a feeding. Breasts are full and baby is hungry.
- Before latching, massage the breasts a few seconds to help stimulate the let-down hormones.

**SKIM MILK (foremilk)**  
Low fat, high sugar foremilk comes out in the first couple minutes while baby is suckling quickly to start the let-down.

### WHOLE MILK

- As hormones kick in, more milk starts flowing (lets down) and it transitions to higher fat whole milk.
- A good latch triggers the suck reflex at the roof of the mouth.
- After about 2 sucks, the mouth fills with milk and triggers the swallow reflex in the throat.
- These reflexes dictate the "suck-suck-swallow" pattern which typically occurs for **5-10min**.
- Listen for swallow sounds!
- After this timeframe, there's less milk flowing and baby is less hungry, so she gets bored and falls asleep.
- About the time she falls asleep is when she's just getting to the high calorie **hind milk**, and now she's asleep.
- So when you don't hear baby swallowing, you need to prompt her to get her going again, to empty the breast.

### CREAMY MILK (hind milk)

- When swallowing sounds stop, compress the breast as you would a tube of toothpaste to squirt milk into the swallow reflex.
- Squirt again and again until the baby no longer responds with swallowing sounds.
- If she doesn't swallow, it's because there's no more milk.**
- When you are working harder than she is to try to get her to swallow, consider the breast empty!
- Now switch to the second side.

### How many minutes?

- The average baby takes 15-20 minutes to empty the first breast.
- Some can empty a breast in 5 minutes.
- Others may take 30-40 minutes.

### One breast or both?

- The average baby nurses 1½ breasts.
- Some get full after one breast.
- Others empty both breasts every feeding.

If baby takes both, start the next feeding with the one you ended with last time.

### USING THESE GUIDELINES,

**YOU WILL FIGURE OUT HOW LONG IT TAKES YOUR BABY TO NURSE AND WHETHER YOU NEED TO NURSE FROM ONE BREAST OR BOTH.**

**If everything falls into place as it should, just breastfeed for the first 3-4 weeks so supply and demand naturally works out. At 3 WEEKS, plan to start pumping and trying to freeze milk as desired. Start giving a regular bottle if you'll be away from baby.**

### Breastfeed on demand – not on a schedule.

- Don't restrict feedings or "make baby wait" for the next feeding.
- Feeding patterns fall into place. Don't "schedule" feedings. You don't know how much she drank last time, so if hungry soon, nurse again.
- You feel fullest in the morning because when asleep, energy can be used to make milk. Baby drinks more each time and thus less often early in the day.
- By late day, mom's energy is spent elsewhere, so less milk is produced. Thus baby nurses longer and more frequently late in the day.
- As long as she gets enough over all, it doesn't really matter when she gets it.

### Milk is in -- The ideal breastfeeding pattern

This indicates that baby is most likely getting enough to gain 1oz/day.

