BREASTFEEDING GUIDELINES

The critical hour after birth

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

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 in the first 12-24 hours, pump every 3 hours. Feed the colostrum with a syringe, as it boosts the immune system.
- Baby should room in with mom and feed on demand.

Expected weight loss in the first 4 days

- 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 your milk to come in.

<table>
<thead>
<tr>
<th>How much milk a typical term baby needs each day</th>
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</thead>
<tbody>
<tr>
<td>Age</td>
</tr>
<tr>
<td>Day of birth</td>
</tr>
<tr>
<td>(25-48hrs) Day 1</td>
</tr>
<tr>
<td>(49-72hrs) Day 2</td>
</tr>
<tr>
<td>(73-96hrs) Day 3</td>
</tr>
<tr>
<td>(97-120hrs) Day 4</td>
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<tr>
<td>Day 5</td>
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<tr>
<td>Day 7</td>
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</tbody>
</table>

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

- Note: Milk doesn’t come in exactly as shown. Ideally milk 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.

<table>
<thead>
<tr>
<th>How many wets and stools</th>
</tr>
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<tbody>
<tr>
<td>Day</td>
</tr>
<tr>
<td>1</td>
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<tr>
<td>2</td>
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<tr>
<td>3</td>
</tr>
<tr>
<td>4</td>
</tr>
<tr>
<td>After day 4 milk is in 6 or more wets 2-4 larger stools, Smear in each diaper.</td>
</tr>
</tbody>
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The ideal breastfeeding set up

Supply (MOM) Demand (BABY)

Ideally, mom’s milk comes in before baby loses more than 10% of birth weight.

Ideally, baby is able to remove enough milk from the breasts to gain 1 oz per day.

Ideally, mom produces enough milk for baby to gain 1 oz per day on just breastmilk.

Ideally, 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.

Before milk comes in

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

As milk comes in – cluster feeding

- Baby is thirsty by the time milk comes in.
- Expect to nurse hourly for 12 hours or so! The intense hunger drive stimulates milk to come in and relieves engorgement.
- Feedings will space out as her tummy stretches to hold more and the larger supply satisfies her hunger.
- During these first few days, weight checks are necessary to reassure you that all is well, but may instead alert us that intervention is needed to avoid excessive weight loss.

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

Birth weight: _____ lbs _____ oz

Today’s weight: _____ lbs _____ oz on day of life _____

___% under birth weight _____ oz under/over birth weight

FEED THE BABY!

Supplement & pump if percent weight loss is excessive

- If baby loses 7% of birth weight within 48 hours or 10% at any time, supplementation will likely be 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.
- Supplement with your pumped breastmilk ideally. 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. Thus you must pump.

This “Triple Feeding” regimen 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.
    Go to bed at midnight and don’t set your alarm! (Smaller babies may need awakened after 5 hrs for a while.)
- 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, especially if supply is a concern.

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. Breast are full and baby is hungry.
- Before latching, massage the breasts a few seconds to help stimulate the let-down hormones.

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.

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.
There is a plan to start pumping and trying to freeze milk at 3 WEEKS! A bottle can be introduced at that time also.

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.

You can hear swallowing
Self-awakens in 2-3 hours during the day to demand the next feeding.

6 wets, 2-4 yellow stools.
Acts content or sleeps