

BREASTFEEDING GUIDELINES – the first couple weeks

Feeding frequency and promoting sleep at night

Babies are born with days and nights mixed up.
While in the womb, your baby was rocked to sleep while you were active during the day.

While you rested at night, he was up partying.
After birth, you'll need to rewire his brain to be sleepy at night.

To fix this, there are two things to understand:

1. More calories in during the daytime eventually leads to fewer calories needed during the night time.
2. All babies nurse between every 2-3 hours, which is 8-12 times in 24 hours.

DAY TIME

Feed every 3 hours, start to start, plus sooner on demand – long term.

Start the 3 hour countdown from the start of the most recent feeding session.

There's no need to try to keep him awake between feedings, because you'll get frustrated.
He just needs to be awake enough to get enough to gain weight and stimulate your milk supply.

NIGHT TIME

Arrange a safe environment for night feedings and sleep, because you will be very tired and may fall asleep while nursing.

While under birth weight (first 10 days or so)	Before gaining 1 ounce per day (typically the first 2-3 nights) feed every 3 hours, plus on demand through the night;
	Once gaining 1 ounce per day (by nursing or supplementing) wake to feed at 4 to 5 hours NOTE: Your baby's tummy is tiny so he can hold only small amounts, so he won't sleep this long for a while!
Once over birth weight (day 10-14)	As long as baby gains 1 ounce per day (by nursing or supplementing) and your baby self-awakens for most feedings during the day don't wake your baby at night!

Nighttime feedings for smaller babies: Babies that weigh less than around 6½ pounds and those born more than 2 weeks early (less than 38 weeks gestation) may need to be awakened at 4 to 5 hours for a while after returning to birth weight.

12 midnight is bedtime for now

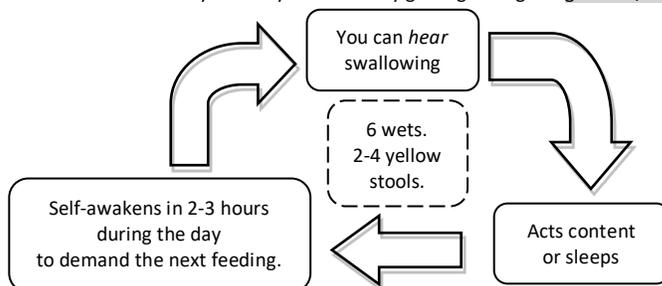
Your baby's tiny tummy holds tiny amounts of milk for the first few weeks, so he eats more often. Most big people like to sleep between midnight and 5a.m. So, feed him well before midnight, set your alarm for 5 a.m., and hope for the best! If your baby wakes up sooner, of course you need to feed him. As his tummy grows to hold more milk, he'll sleep longer stretches. When he sleeps for longer stretches at night, he may demand a couple frequent feedings during the day to make up for what he skipped over night.

Pump during the night to maintain milk supply

If your baby sleeps for long stretches at night on a regular basis, consider pumping after 5 hours, for comfort, to maintain supply, or both.

Milk is in -- The ideal breastfeeding pattern after the first week or so

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



In the first couple weeks, you'll likely need to wake your baby for many feedings.
As he gains weight, and thus energy, he should wake up on his own for more and more daytime feedings.

THE IDEAL BREASTFEEDING SESSION

Breastfeed on demand – not on a schedule

- Feeding patterns fall into place and change according to stages of growth and development. Don't put your breastfed baby on a schedule.
- Don't restrict feedings or "make baby wait" for the next feeding. You don't know how much he drank last time, so if he's hungry soon, nurse again.
- Your breasts are most full in the morning, because while sleeping, energy is used to make milk. Early in the day, your baby drinks more each time and thus less often. Late in the day, your energy is spent elsewhere, so less milk is produced, and your baby nurses longer and more frequently.
- As long as he gets enough over all, it doesn't really matter when he gets it.

Fussiness means hunger until proven otherwise. No binky!

Before milk comes in

Alternate breasts equally.

No time limits, but try for about 10-15 min per breast.

Listen for rhythmic swallowing sounds (clicks/sighs) after a couple suckles.

Once milk is in

- the ideal breastfeeding session

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

Before latching, massage your breasts for a few seconds to stimulate let-down hormones.

<p>SKIM MILK (foremilk) Low fat, high sugar foremilk comes out in the first couple minutes while your baby suckles quickly to start the let-down.</p>	<p>WHOLE MILK</p> <ul style="list-style-type: none"> ▪ As the let-down hormones kick in, milk flows more freely and transitions to higher fat whole milk. ▪ A good latch triggers the suck reflex at the roof of the mouth. ▪ After about 2 suckles, milk fills the mouth and triggers the swallow reflex in the back of the throat. ▪ The flow of milk drives the reflexes through the "suck-suck-swallow" pattern, which typically occurs for 5-10 minutes. ▪ Listen for regular swallowing sounds, with some pauses. ▪ After about 10 minutes, less milk flows from the breast (he already drank it), and your baby is less hungry. ▪ He gets bored and falls asleep, just as he's getting to the good stuff – the high calorie hind milk. ▪ Now he's asleep, so you won't hear swallowing. ▪ You'll need to prompt him so he empties the first breast. 	<p>CREAMY MILK (hind milk)</p> <ul style="list-style-type: none"> ▪ When swallowing sounds stop, compress your breast as you would a tube of toothpaste. ▪ This squirts milk into his throat and triggers the swallow reflex. ▪ Compress your breast again and again until your baby no longer responds by swallowing. ▪ When he no longer swallows, or you are working harder than he is, consider the breast empty. Or perhaps he is full. ▪ You may have only one, or several, let-downs during a nursing session. ▪ Burp him, and then offer the second breast. ▪ The flow of milk will drive the "suck-suck-swallow" reflexes again, if he's still hungry.
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How many minutes?

- The average baby takes **15-20 minutes to empty the first breast.**
- Some can slam down 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 your baby takes both breasts, start the next feeding with the one you ended with last time.

USING THESE GUIDELINES, YOU'LL 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, just breastfeed for the first 3-4 weeks. Supply & demand will naturally work out.

At 3 WEEKS, pump and freeze milk, if possible. Feed the baby before the freezer. Offer practice bottles regularly if you will be separated from your baby in the future.