



MINI BREASTFEEDING GUIDE

FOR NEW MOTHERS

Dear New Mother:

Congratulations on your newborn baby! I am proud to provide you with this free mini guide to offer you the support you need on this breastfeeding journey you are embarking on.

In this guide you will find the following information:

1. When your milk will come in following childbirth.
2. Breastfeeding positions that will allow you to comfortably feed your baby.
3. Understanding a newborn baby's eating habits.
4. Milk storage do's and don'ts for new mothers.

If you need additional support on your breastfeeding journey, you may contact me for a peer lactation counseling session. I offer in-person sessions in the San Francisco Bay Area or virtual sessions via Zoom. New parents can receive 15% off our peer lactation counseling services! Use code LACTATION SUPPORT in your email inquiry for booking services.

All the best,

Kirstie Daza

Business Owner of Leto's Maternity

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A MOTHER'S MILK TIMELINE

Following childbirth, a mother's body goes through a "hormonal dump" as her body adjusts to a new phase: the postpartum phase. A mother may even witness her baby do "the breast crawl", to where a baby crawls to his/her mother's breast and attempts to feed. A mother's body becomes in-tune with her baby. In a hospital or birth center setting, a mother may have a lactation consultant come and check in to make sure the new mother is trying to breastfeed. Some mothers have even been shocked to hear lactation consultants say, "when you milk arrives...". This can be concerning as newborn babies must breastfeed to eat.

A mother's breastmilk comes in approximately 2-5 days after childbirth. A newborn baby's stomach is the size of a cherry and a mother's colostrum is enough to feed a newborn baby for the first few days. We will go into more details about a newborn's growing stomach and what clusterfeeding is later. A mother's breastmilk has different stages during the postpartum phase and it adjusts as a baby grows bigger.

- Stage 1 - Colostrum Milk: colostrum is known as "liquid gold" among the breastfeeding community and medical community. It has so many healthy benefits and the hue of this milk is gold. Colostrum has lots of nutrients and antibodies for your baby. It also helps a newborn baby develop his/her digestive system.
- Stage 2 - Transitional Milk: this milk comes in around the 2-5 day mark as previously mentioned. It replaces colostrum and mothers notice that their breasts become fuller and warmer as milk is produced. The hue of this milk will change from a gold hue to a soft white color. A mother's breasts begin to create milk based on a baby's needs.
- Stage 3 - Mature Milk: approximately 2 - 2.5 weeks after birth a mother's milk will transition once more from transitional milk to mature milk. The content in milk will change and increase in fat to help your baby's growth and stimulate nutrient dense milk.

Cradle Position



23 ▶

CANVA STORIES

Side-Lying Position



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CANVA STORIES

Breastfeeding Positions for Mother & Baby

Baby Sitting Position



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CANVA STORIES

Laid Back Position



Cross Cradle Position





A NEWBORN BABY'S FEEDING TIMELINE

A newborn baby's first breastfeeding session with a mother will be with colostrum. Colostrum helps kick start a newborn baby's digestive system and can stimulate a baby's first dirty diaper. A newborn baby's stomach is the size of a cherry after childbirth. Newborn babies after the first 24-48 hours will be very sleepy and mother's should allow them to sleep and feed them once they wake up and show signs of rooting and looking to feed. A newborn baby should be encouraged to breastfeed routinely every 2-2.5 hours to promote breastmilk production. While scheduling breastfeeding isn't a necessity, new mothers will begin to notice cues when their baby does want to eat.

As a baby grows day by day, a mother will notice their hunger will increase and they will be consuming more breastmilk. Their stomach will grow 1 to 2 ounces per feeding and eventually a baby's need to feed will be 10 to 20 ounces of breastmilk per day. It is important for mothers to note that night time breastfeeding will assist with regulating a newborn baby circadian rhythm. Babies do not have a concept of night and day as they have been growing in the darkness for 9 months.

Nighttime breastmilk will have the hormone of tryptophan in which the body will convert it to melatonin. In feeding at night especially when a newborn baby cries, will help regulate their bodies and adjust to life outside of the womb. Mothers must be sure they are eating foods that are nutrient dense and are staying hydrated so their bodies can have the calories necessary to produce enough breastmilk for their babies. For every breastfeeding session, a mother's body uses 500 calories in that breastfeeding session alone!



MILK STORAGE DO'S & DON'TS

Storing breastmilk properly is important especially if mothers will be returning to work following maternity leave. Below we outline important factors and things to take into consideration when it comes to storing breastmilk.

- Keeping days and times on breastmilk containers will help keep track of when it is time to dispose.
- If breastmilk is stored at room temperature, it should be tossed out after 8 hours.
- If breastmilk is stored in the fridge, it will hold for 4 days. Anything after 4 days in the fridge should be tossed out.
- If a mother is freezing her breastmilk and storing it in the freezer's door, the integrity of breastmilk will hold for 3 months. Breastmilk should be tossed after 3 months time if it is not used.
- If breastmilk is stored in the back of the freezer, it can hold its integrity for 6 months. Anything after 6 months should be thrown away.
- If breastmilk is stored in a deep freezer, it will last for 12 months. Anything after 12 months should be thrown out.
- If a mother is storing breastmilk in a plastic freezer bag, the bag should only be used once.
- Plastic storage bags are sterilized so mothers will not need to worry about cleaning them prior to putting their breastmilk in there.
- Plastic bags containing breastmilk should be stored flat down.
- Pyrex glass bottles were found to preserve breastmilk quality better than milk storage bags.