

Breastfeeding

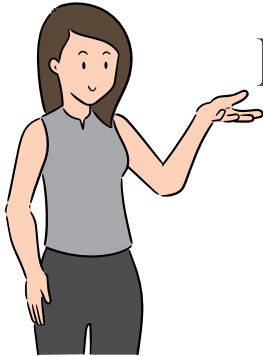
My Plan



My Name is _____, and I
plan to breastfeed for ____ months.

Create a plan for your success.





HOW TO USE THIS GUIDE



The Breastfeeding "My Plan" seeks to enhance the rate of breastfeeding initiation within the community. This guide serves as a resource to assist breastfeeding families in setting and accomplishing their breastfeeding objectives.

It's intended for use throughout any stage of pregnancy, providing a platform for personal exploration and facilitating one-on-one conversation between you and your breastfeeding support person.

The material is structured progressively across five sessions to encourage sufficient discussion and exploration.



LEARNING POINTS:

The American Academy of Pediatrics and the World Health Organization advise exclusive breastfeeding for about 6 months, followed by continued breastfeeding and appropriate complementary foods for up to 2 years or older.

Human milk contains over three thousand (3,000) living cells that protect the child's health. Every drop of human milk consumed protects and develops a child's immunity. Studies show that children who consume only human milk have a higher chance of preventing:

- Asthma
- Obesity
- Diabetes

The benefits further extend to the lactating parent. Studies also show that nursing parents are more likely to prevent breast and ovarian cancer and postpartum depression.

DID YOU KNOW?

- Almost every woman can breastfeed
- There are a few medical reasons not to breastfeed
- Breast milk is a gift a mother can give her child
- Breast milk is superior to formula
- Breast milk provides many benefits to mom and baby
- Breastfeeding support from friends, family, and health professionals can help moms breastfeed for a longer period of time



LEARNING POINTS:

As your little one starts to wiggle around, your body gets busy whipping up some nutritious colostrum. No need to stress, mama, it happens naturally. Your body also amps up blood and fluids to your breasts, making them look fuller and heavier. Keep an eye out for these changes during pregnancy; it's a good sign that things are on track. If you don't see those changes, don't fret, but do let your Lactation Consultant know so they can lend a helping hand.



DID YOU KNOW?

Becoming familiar with breastfeeding during pregnancy can help prepare you best.

Early Initiation of Breastfeeding

<https://youtu.be/hs7ai466toE>

7 Ways Your Breast Change During Pregnancy

<https://youtu.be/34llwEN1rXA>

Pregnancy and Breastfeeding Information

<https://kellymom.com/category/pregnancy/>





DURING PREGNANCY

The more you learn about breastfeeding during pregnancy, the better prepared you will be when situations arise after you give birth.

Start by:

- ▶ Taking a Breastfeeding Class
- ▶ Talking with a lactation professional or doula
- ▶ Talking to other breastfeeding parents.
- ▶ Determine how long you will want to breastfeed.

Check the circle once you have completed the task

- Took a breastfeeding class
- I talked to my doctor/midwife about breastfeeding
- Identified my breastfeeding support team
- I talked to my employer or school about maternity leave and my plans to breastfeed when I return.

Support is essential during the first days of breastfeeding. Identifying early who can be your support person will increase your breastfeeding confidence. Write down some of the things you look for in a supportive person. For example, **The person will take my breastfeeding goals seriously and remind me of them when I am not at my best.**

Notes:



LEARNING POINTS:

Research shows that if a parent has a supportive person of breastfeeding, the person is more likely to try it and keep going even if things get tough. In addition, parents with a supportive network (breastfeeding-friendly providers, friends, family, doula, and lactation professionals) are more confident in their breastfeeding ability. As a result, they are more likely to achieve their breastfeeding goals.

Use these questions to explore supports and barriers with your breastfeeding support person:

- ▶ What have you heard about breastfeeding?
- ▶ What appeals to you about breastfeeding?
- ▶ Tell me about your breastfeeding goals (how long, exclusivity)
- ▶ What concerns do you have about your ability to breastfeed?





SUPPORT

Support can come from different people. Besides family members, you can also receive support from a doula. Doulas provide information during pregnancy and support during labor and after birth. Doulas can also guide you toward breastfeeding success.

- I can call _____ for breastfeeding support at phone number _____.
- My support team is: _____.
- Who will be with me in the delivery room? _____.

Including family in your feeding choice can create a stronger support team. Family members can:

- Bring baby to you for a feeding
- Keep track of wet and dirty diapers
- Help with common household chores
- Motivate you during your journey
- Make sure you are eating and drinking enough
- Help you remember important details about breastfeeding

Notes:



AT BIRTH

At birth, you and your baby can benefit from uninterrupted skin-to-skin time. Having your baby close to you will allow you to learn your baby's early feeding cues and when the baby wants to cuddle. Be sure to inform the hospital staff that you would like to have the following:

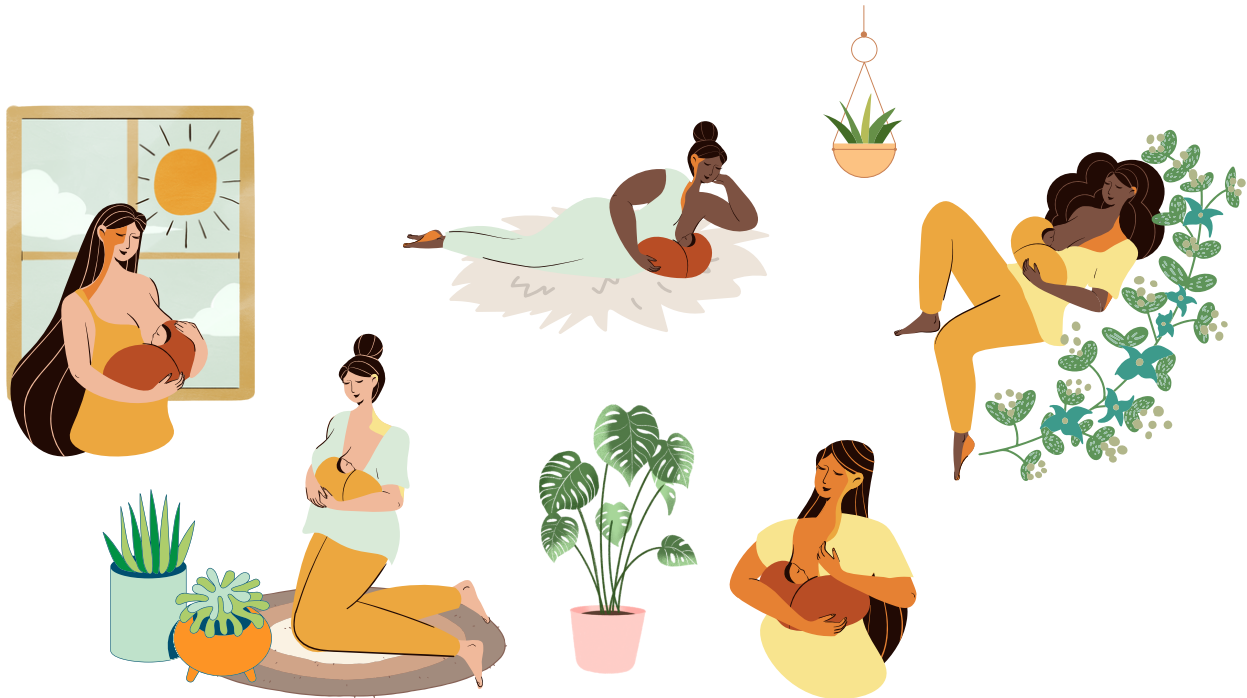


LEARNING POINTS:

For the first few days, your breasts will create human milk as part of a hormonal process related to giving birth. The hormonal process later depends on supply and demand. Feedings or pumping will help establish adequate milk supply.

Breastfeeding and Formula Feeding are two distinct ways of feeding. A newborn's stomach will digest human milk faster than artificial milk, and for that reason, frequent breastfeeding is required. Don't watch the clock, but rather to follow your baby's early feeding cues.

Different breastfeeding positions:



LEARNING POINTS:

Newborn Stomach Size

Day 1 & 2
Size: Marble



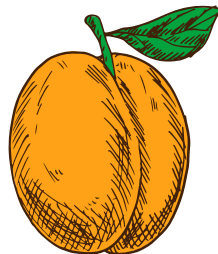
For the first 48 hours, your baby's stomach will be able to hold one to two tablespoons of colostrum every 1 to 2 hours.

Day 3 to 5
Size: Walnut



By day three, your baby can consume about one ounce of breast milk every 1.5 to 2 hours.

Week one
Size: Apricot



By week one, your baby can consume about 1.5-2 ounces of breast milk every 1.5 to 2 hours.





AT THE HOSPITAL



Knowing what to expect during the first few days of your baby's life will help you to be prepared when your baby arrives.

What to expect?

- »»→ Your baby may feed 8-12 times a day
- »»→ Your baby may need to be woken for a feeding
- »»→ Minimal breast changes
- »»→ Black stool (meconium) during the first 2 days
- »»→ Green stool on day 3 - and yellow stool by day 5
- »»→ Baby may be asleep all day and awake at night

After birth, your baby will need time to recuperate. The first few feedings will serve as practice feeds. After that, you can expect short but frequent feedings throughout the day. This is because your baby's belly is about the size of a marble, and human milk is digested within 45 minutes. Give yourself the time to feed your baby; soon, feedings will be less frequent. As your baby grows, so will your milk supply, and your baby will empty your breast faster and be full for a longer period.



LEARNING POINTS:

Crying is the last sign your baby will show you when she/he is hungry. Try following your baby's early and active signs of hunger.

Early

- Smacking or licking lips
- Opening & closing mouth
- Sucking on lips, hands, finger, or clothing



Late

- Crying
- Moving head frantically from side to side

Active

- Rooting
- Fidgeting
- Trying to position himself/herself for nursing





AT HOME



Your baby is still getting used to being outside of the womb.
Hold your baby as much as possible and breastfeed as
often as your baby desires.

What to do at home?

- ➔ Feed on demand
- ➔ Sleep in the same room as baby
- ➔ Sleep when baby sleeps
- ➔ Ask your support team for help
- ➔ Speak with a lactation professional

Nursing your baby on demand will help you establish an adequate milk supply.
During the first week, your body will make more milk than your baby needs.
Frequent nursing will help your body regulate your milk supply.

Your baby should feed 8-12 times a day, but there will be days when your baby will feed more frequently. When the frequency of feedings increases, this means that your baby is going through a growth spurt. Growth spurts can occur 2-3 times in the first 6 weeks of life and then again around the 3rd and 5th months. A growth spurt means that your baby is rapidly growing in height and weight, and frequent feedings are necessary to meet those demands.



BREASTFEEDING MILESTONES



Age	Nursing Frequency	Stooling & Urination	Feeding, Weaning, & Pumping	Sleep Schedule	Motor/Verbal Skills & Pumping
Birth	Immediately after birth baby should be placed on mom's abdomen and allow to self-attach	May stool before birth. May urinate at birth.	Feedings may be short and frequent.	Alert at birth, unless medicated with labor meds. Most newborns have 90-minute sleep cycles.	Uses the stepping/crawling reflex to self-attach to the breast at birth.
Day 1	8-15 Feedings on demand	1 or more of each within 24 hours of birth.	Baby will need many uninterrupted feedings. Newborn bellies empty in about 45 minutes.	Babies may sleep all day, and be awake all night. Some may be too sleepy and need to be awakened for feedings.	Cries to communicate.
Days 2-5	8-15 Feedings per day Colostrum changing to more mature milk.	2 or more black stools per day. 2 or more wet diapers on Day 2, 3 on Day 3, and 4 on Day 4.	Feeding frequency increases and decreases with growth spurts.	Sleeping in the same room with your infant is encouraged.	Watch for early signs of hunger. Mother and baby are still learning to nurse.
Days 6-week 6	8-12 Feedings per day. Frequency increases with growth spurt	3-6 yellow stools per day. Stools may slow to one per day after the 4th week 6-8 wet diapers per day	If nursing is going well bottles or pacifiers can be introduced after the 3rd week.	By the end of the first month most babies have sorted out their days and nights.	More alert. May smile and coo. Can lift head.



BREASTFEEDING MILESTONES



Age	Nursing Frequency	Stooling & Urination	Feeding, Weaning, & Pumping	Sleep Schedule	Motor/Verbal Skills
Week 7-12	8-12 Feedings per day. Another growth spurt around 3rd month.	1-6 Stools. 6-8 wet diapers.	Mom may want to pump and store before returning to work.	By the 12th week baby usually is in some sleep routine. Most babies are unable to sleep through the night.	May roll over, smile. May latch on its own.
Months 3-6	6-8 + Feedings per day. Feeding time shortens as baby becomes more efficient.	Stools may be as little as once a week .	Solids should be introduced around 6 months. May be able to pump once a day at work after solids are offered.	Some babies may sleep a 6 hour stretch around the 3rd month. May sleep longer by the end of the 6th month.	Sitting, babbling, reaching, grabbing. Baby plays with mom while nursing.
Months 7-9	4-6 + Feeding per day. Varies with illness, teething, and child's personality.	Stools become more formed and develop an odor. Urinating larger amounts less often.	Many moms can stop pumping at work. Introduce a cup. Continue nursing as long as desired.	Usually has a set nap and bed time. Sleep cycles begins to lengthen.	Begins to crawl, laughs, claps hands. Will crawl to mom to nurse. Becomes more independent.
Months 10-12	2-4 + Feedings per day. Varies with illness, teething, and child's personality.	Changing diapers is an opportunity for baby to play. Some may need a toy to distract them when being changed.	AAP recommends breastfeeding a minimum of one year. Breastfeeding is encouraged for 2 years or until desired age.	Teething and illness may disrupt sleep time.	Begins to use words and stands. Laughs with joy when mom understands baby's desires to nurse.



BREASTFEEDING MILESTONES



Age	Nursing Frequency	Stooling & Urination	Feeding, Weaning, & Pumping	Sleep Schedule	Motor/Verbal Skills
Years 1-2	1-2+ Varies with illness, teething, and child's personality.	Becomes more aware of bodily functions.	Parents can begin teaching the child breastfeeding manners and table manners.	Sleep cycles may lengthen to 11 hours around 18th month.	Walks and talks. May ask to nurse by sitting in a special nursing chair.
2 years and up	May nurse as little as 3 times a week or 1 time a month.	Potty training may begin.	Breastfeeding is encouraged for 2 years and beyond.	May give up nap time.	Immune system matures at age 5 . May ask to nurse with a special word.



Human Milk
Benefits
 Will last a lifetime



KEY DEVELOPMENTAL MILESTONES



Age

Growth & Development

Breastfeeding Implications

1 Month

Watches parents (caregivers) face intently when she/he speaks to the infant.
Follows objects with eyes when held at 8-10 inches away.
Reacts to noise, voice
Grasping reflex is strong
'Molding': adjusts posture to the body of the person holding the baby.

- Becomes efficient at suckling
- Feeding last about 17 minutes
- Makes comfort sounds during a feeding

2 Months

- Smiles at people
- Vocalizes in response to interaction
- Holds head up for a few seconds; head bobs forward
- Visually searches to locate sound

- Easily pacified by frequent feedings
- Soothes itself with suckling

3 Months

- Can recognize familiar people & objects
- Shows interest in surroundings
- Turns head & eyes in response to moving objects
- Smiles easily
- Voluntarily grasps objects; holds rattle
- Holds its own hands

- Grasps breast
- Interrupts breastfeeding to look at others
- Smiles at mother during a feeding

4 Months

- Drooling begins
- No head lag when sitting
- Rolls over to the side
- Beginning eye-hand coordination
- Inspects and plays with hands
- Grasps an object with both hands
- Brings objects to mouth
- Laughs aloud
- Demands attention by fussing

Anticipates feeding when she/he sees its mother.



KEY DEVELOPMENTAL MILESTONES



Age

5 Month

Growth & Development

Shows interest in strange settings
Smiles at a mirror image
Turns from the abdomen to back
Sits with support
Able to grasp objects voluntarily
Plays with toes
Can hold a cube with one hand

Breastfeeding Implications

- Continues to enjoy frequent feedings at the breast
- Pats breast with both hands
- Begins signs of tooth eruption

6 Months

- Shows increased awareness of caregivers vs. strangers
- Holds arms out to be picked up
- Rolls from back to abdomen
- Turns head to side, then looks up and down
- Searches for dropped objects
- Babbling
- Imitates sounds

- Solids may be offered
- Chewing and biting begin
- Fewer feedings
- Feeds longer before sleeping at night.

7 Months

- Transfers objects from one hand to the other
- Produces vowel sounds
- Increasing fear of strangers
- Fretful when parents disappear

- Feeding is less frequently
- Interested more in solid foods

8 Months

- Sits unsupported
- Reaches for toys out of reach
- Releases objects
- Imitates actions and noises
- Responds to name
- Responds to "NO"
- Enjoys peek a boo games

- Breastfeeds anytime, anywhere



KEY DEVELOPMENTAL MILESTONES



Age

Growth & Development

Breastfeeding Implications

9 Months

Creeps, crawls
Pulls self to standing position
Begins to show fear of being left alone

- Less frequent nursing
- Easily distracted

10 Months

- Able to sit down without support
- Waves goodbye
- Plays interactive games
- Looks at and follows objects
- Says 'dada' and 'mama' with meaning
- May say one word

Easily distracted by surroundings and interrupts feeding frequently

11 Months

- Cruises or walks while holding onto furniture
- Drops object deliberately for it to be picked up
- Rolls ball
- Shakes head for "NO."

- May hold breast with one or both hands while breastfeeding

12 Months

- Walks with one hand held
- Attempts to stand alone
- Attempts first step
- Can sit down from a standing position
- Turns page in a book
- Says 3-5 words
- Shows emotions
- Searches for an object

- May display acrobatic breastfeeding



