



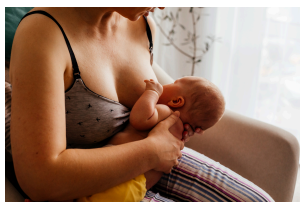
## HOLDS TO TRY

### Laid Back



- Lay back and use pillows for support
- Place your baby face down between your breasts
- Help your baby latch as they nuzzle

### Cross Cradle



- With a pillow on your lap to support and bring your baby to breast level, position your baby tummy to tummy
- Lift your breast with one hand and support your baby's head with the opposite hand, helping them latch to your breast

### Clutch (Football)



- Place a pillow at your side and place your baby on top with their legs under your arm
- Help your baby latch by supporting their head with your hand

### Side-Lying



- Lie on your side with your baby positioned tummy to tummy
- Help your baby latch while supporting their back with your hand

## CONTACT INFORMATION



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## WE'RE HERE TO HELP

Southwest Mothers' Milk Bank has:

- Lactation Education Specialists on staff
- Baby Weigh Clinic (by appointment)
- Donor milk available until your milk comes in for supplementation



## A GUIDE TO BREASTFEEDING

Tips for a good start to your breastfeeding journey





## TIPS FOR GETTING BREASTFEEDING AFTER DELIVERY

- Breastfeed within the first hour after birth, even if you had a c-section.
- Feed your baby only breast milk. Ask for a breast pump if your baby is not feeding from your breast.
- Hold your baby skin-to-skin as much as possible. This helps your body produce milk for your baby.
- Keep your baby in your room, day and night, except for procedures that must happen elsewhere.
- Do **NOT** give your baby a pacifier or bottle. If supplementation is needed, request donor milk and use alternate feeding devices such as a supplemental nursing system (SNS), cup, or spoon.



## YOU HAVE A GOOD LATCH IF:

- You are not feeling sharp pain. Gentle tugging is normal.
- Both of your baby's lips are flipped out and not tucked in.
- More of the bottom of your areola (the dark part around your nipple) is in your baby's mouth than the top.
- Your baby's chin is buried in your breast with their nose tipped away slightly or lightly touching your breast.
- Your baby's mouth is opened wide like they are yawning.
- You may also notice:
  - Your baby swallowing rhythmically
  - Milk leaking from your baby's mouth or from your other breast

## EARLY SIGNS OF HUNGER:

- Whimpering or lip-smacking
- Making sucking motions
- Pulling legs and/or legs inward
- Putting hands in their mouth
- Nuzzling against your breast

## YOUR BABY LETS YOU KNOW THEY ARE FULL WHEN THEY:

- Let go of your breast and nipple
- Falls asleep
- Relaxes their body

## CALL YOUR BABY'S DOCTOR IF THEY:

- Don't regain their birth weight by 2 weeks of age
- Have fewer than 6 wet diapers by day 6
- Have fewer than 3 dirty diapers by day 3
- Still has black poop by day 4
- Will not wake up to breastfeed at least 8 times each day

## HAND EXPRESSION

Wash your hands before beginning



Apply heat and massage breasts in a light circular motion



Position hand and fingers in a c-shape around your breast behind the areola



Gently press back towards your chest



Compress your breast and roll fingers toward your nipple



As milk and/or colostrum is produced, catch it in a container of appropriate size (a medicine cup is good to start with)



Express for 5 minutes before switching to the other breast

