



My Pregnancy Journey

Breastfeeding Your Term Baby

After returning home, continue feeding your newborn when they show signs that they are ready to feed such as sucking hands, smacking lips and opening their mouth looking to breastfeed. Frequent feedings help prevent engorgement. If your breasts become uncomfortably full, pump or hand express milk for comfort, as needed.

Be Aware While Breastfeeding

The Wellstar team is here to support you and your newborn. Contact one of the Wellstar Breastfeeding Helplines at the bottom of the page, if any of the following occurs:

- Your newborn does not feed at least eight times per 24 hours.
- Your newborn has fewer than six wet diapers each day (from day 6 onward).
- Your newborn has fewer than three yellow stools each day (from day 4 through 4 weeks).
- You do not hear swallowing when your newborn feeds and/or your breasts do not feel softer after feedings.
- Your nipples are painful throughout the feeding or there is damage to nipples.
- You do not feel as though your milk has “come in” by the fifth day.
- Your newborn is gaining less than ½ an ounce a day or has not regained birth weight by two weeks of age.
- Any question or concerns.

Other Instructions

Wellstar Breastfeeding Helplines

If you have any questions or concerns, please call one of the Wellstar Breastfeeding Helplines below:

Acworth
(470) 956-0055

Cobb
(770) 732-5247

Kennestone
(770) 793-8087

Spalding
(770) 228-2721

Atlanta Medical Center
(404) 265-3641

Douglas
(470) 644-6152

North Fulton
(770) 751-2686

West Georgia
(706) 880-7416