

Lactation 101



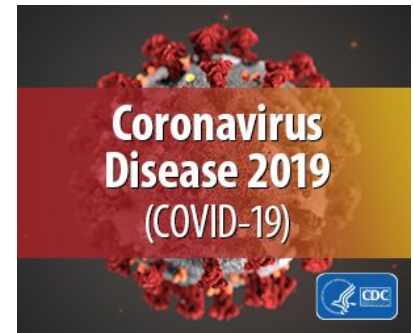
Latching and letdown and pumping, oh my!

Coronavirus Disease (COVID-19) and Breastfeeding

As per WHO guidelines...

If you are breastfeeding and **have symptoms of or confirmed COVID-19**, take steps to avoid spreading the virus to your baby:

- Wash your hands before touching your baby
- Wear a face mask, if possible, while feeding at the breast
- Wash your hands before touching pump or bottle parts and clean all parts after each use



Breastfeeding if you have COVID-19

- Breast milk provides protection against many illnesses and is the best source of nutrition for most infants.
- You, along with your family and healthcare providers, should decide whether and how to start or continue breastfeeding
- In limited studies, COVID-19 has not been detected in breast milk; however we do not know for sure whether mothers with COVID-19 can spread the virus via breast milk.
- If you are ***sick and choose to direct breastfeed***:
 - Wear a facemask and wash your hands before each feeding.
- If the you are ***sick and choose to express breast milk***:
 - Express breast milk to establish and maintain milk supply.
 - A dedicated breast pump should be provided.
 - Wash hands before touching any pump and before expressing breast milk

Benefits of Breastfeeding

For Baby:

Perfect Infant Nutrition

Satisfies baby's emotional needs

Helps pass meconium and prevent jaundice

Passes along antibodies and aids in development of baby's immune system

Lowers baby's risk of developing asthma and allergies

Lowers risk of SIDS

Natural pain relief during/after medical procedures

Benefits of Breastfeeding

For Mom:

Lowers mom's risk of breast cancer

Suckling helps shrink mother's uterus PP and reduces bleeding

Helps mom's lose pregnancy weight

Reduces mom's insulin requirements

Less missed work for sick days

Reduces mom's risk of osteoporosis

Breastmilk is FREE

More environmentally friendly

Much easier diaper changes



How Partners/family/friends can help with Breastfeeding

Be an Expert

Be the Coach

Be a Personal Assistant

Be the Gate Keeper

Be a Cheerleader



BREASTFEEDING BASICS



Anatomy of Breast

Milk ducts & Openings

Milk is synthesized and stored in ducts

5-15 openings per nipple

Ducts fan out in all directions



Anatomy of Breast

FIL protein

Empty breast makes more milk

The demand for milk helps to create supply



Anatomy of Breast

Nipple vs Areola

Investigate: Nipple Shape, Breast

Density/size

how can you shape to make easiest for baby?

“Bite an apple” vs “Sip a straw”



Composition of Breastmilk

Colostrum (day 0-3ish)

high in calories, teaspoons full, laxative effect

“Milk comes in” (day 3-4ish)

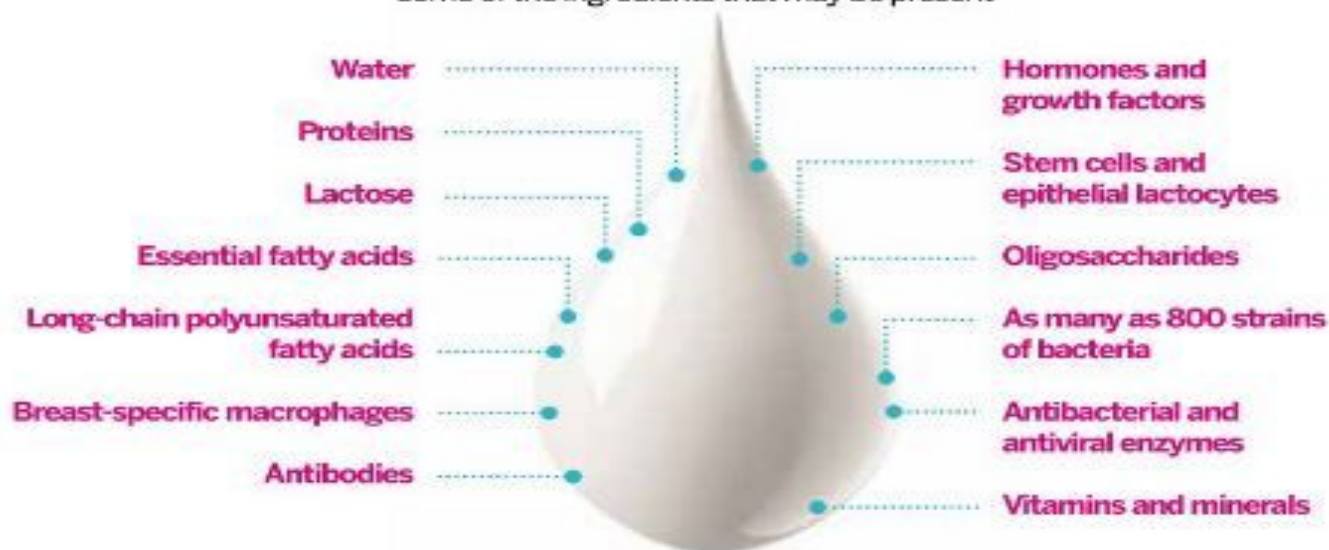
ALL the MILK, regulates as baby feeds over the next few weeks

Period of Milk regulation (weeks 1-6)

Milk Maintenance Phase (week 6-the conclusion of BF)

A drop of the good stuff

The composition of breast milk changes as the baby grows – here are just some of the ingredients that may be present



One Side or Two?

- Most people should offer both breasts in a feeding.
- The first breast is the “meal” and the second breast is the dessert.
- At the following feeding the breast that was dessert last time becomes the meal this time.

When do I Switch?

- It's important to follow your baby's cues.
- If baby has slowed, it can be a good idea to burp and switch sides to wake baby up again.
- If you've nursed on one side for 25-30 minutes, switch sides to allow your nipple to rest.
- If you see your baby nursing but can feel the breast is less full and no longer hear swallowing noises, can switch sides.



Latching Baby

Let's get familiar with what a latching baby looks like

What Does Breastfeeding Look Like?

FEEDING CUES

How do I know if my baby is hungry?

- Licking lips, smacking/sucking sounds, **"I'm Hungry!"**
- opening mouth, sticking tongue out
- Sucking on anything nearby
- Rooting (turning head & opening mouth)
- Hand to mouth
- Fidgeting, squirming, breathing fast, positioning for nursing
- Fussing
- Frantic, agitated movements
- Crying, turning red



"I'm REALLY Hungry!"



"Calm me, then Feed me!"

KellyMom.com

FEEDING CUES

1. EARLY CUES: "I'm hungry"



Stirring



Mouth opening



Turning head
Seeking/rooting

2. MID CUES: "I'm really hungry"



Stretching



Increasing movement



Hand to mouth

3. LATE CUES: "Calm me, then feed me"



Crying



Lots of movement



Color turning red

CALM CRYING BABY BEFORE FEEDING

Cuddling, Skin-to-skin on chest
Talking, Stroking



LOOK FOR EARLY
FEEDING CUES

What Does Breastfeeding Look Like?



What Does Breastfeeding Look Like?

Breast-Feeding Positions



Cradle hold



Cross-cradle hold



Football hold



Lying down

- Use pillows to support baby and your arm.
- Remember to bring baby to you. Think of it as bringing baby to the table.
- Keep baby's head, neck, and hips in line
- Practice SAFE sleep while nursing.

What Does Breastfeeding Look Like?

Latch

- Importance of good latch
- Vacuum seal helps to limit air swallowed by baby “gas”
- Unlatching is just as important! Use your finger and go in at the corner of babies lips to break seal before unlatching.
- Range of comfort. When baby first latches may be uncomfortable. Once nursing should be more comfortable and able to relax.



What Does Breastfeeding Look Like?

- Use Rooting Reflex to Latch Baby
- Hold breast as a “breast sandwich”
- Sweep nipple from baby’s nose, over lips, down to chin, and back up
- When baby opens wide, draw baby onto the breast



FREQUENCY

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- The Key to Breastfeeding Success is Frequency.
- The more baby is put to breast, the more the breast is demanded to create supply.
- The more often baby feeds, the faster weight gain will happen.
- Nurse every 2-3hr during DAY & no more than 3-4hr during NIGHT (until birth weight re-gained).

How Do I know baby is getting enough??

Listen for Swallows

Changes in Suck/Swallow

Wake baby **Before** the coma

Feeding at least 8-12x per 24h

Output

Signs of Contentment

Follow-ups For Weight Checks

Is baby getting enough?



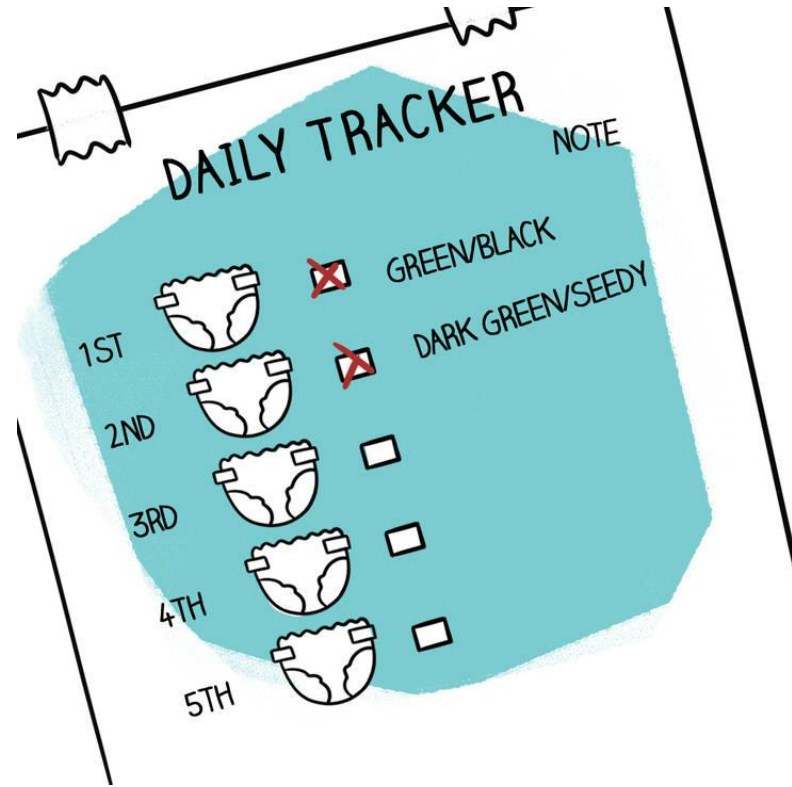
Skin to skin- nature's default!



- Brings calm to mother and baby
- Stabilizes newborn temp
- Improves weight gain and feeding patterns
- Decreases mama's pain
- Improves baby's breathing
- Establishes a sense of trust and affirmation in parenting decisions

Pees and Poops

- Output is reflective of input
- Number of wets should equal days of life for the first week
- Poop color progression
- **Track it!** (Notebook & apps)



Diapers of the Breastfed Baby

Looking at a baby's poop and pee can help you tell if your baby is getting enough to eat.

The baby's poop should change color from black to yellow during the first 5 days after birth.



The baby's first poop is black and sticky.



The poop turns green by Day 3 or 4.



The poop should turn yellow by Day 4 or 5.



Poop can look seedy.



Poop can look watery.



Illness, injury, or allergies can cause blood in poop. Call Doctor.



Babies make some large and some small poops every day.

Only count poops larger than this →

By Day 4, most breastfed babies make 3 or 4 poopy diapers every day.



On Day 1 or 2 some babies have orange or red pee.

By Day 3 or 4, breastfed babies should make 3 or 4 wet diapers with pee that looks like clear water.

A wet diaper is as heavy as 3 tablespoons of water.



First Week Diaper Diary

1. Circle the hour closest to when your baby starts each breastfeeding.
2. Circle a **W** when your baby makes a wet diaper.
3. Circle a **P** when your baby makes a poopy diaper.
Some babies make more diapers each day than shown. This is great!

Sample Record for Day 4

Feedings: 1 2 3 4 5 6 7 8 9 10 11 Noon 1 2 3 4 5 6 7 8 9 10 11

Wet Diapers: (W) (W) (W) (W) (W) (W)

Green or Yellow Poops: (P) (P) (P) (P)

In this sample, the baby had nine feedings, six wet diapers, and three poopy diapers. By Day Four, most babies breastfeed 8 to 12 times each day.

Birth Date: ____/____/____ Time: ____ AM ____ PM

Birth Weight: ____ Discharge Weight: ____

Baby's weight at one week: ____

For breastfeeding help call: ____

Call your doctor, nurse, midwife, or breastfeeding helper if:

- Your baby is not making enough wet or poopy diapers
- There is dark colored pee after Day 3
- There is dark colored poop after Day 5

Day 1

Feedings: 1 2 3 4 5 6 7 8 9 10 11 Noon 1 2 3 4 5 6 7 8 9 10 11

Wet Diapers: W

Black Tarry Poops: P

Day 2

Feedings: 1 2 3 4 5 6 7 8 9 10 11 Noon 1 2 3 4 5 6 7 8 9 10 11

Wet Diapers: W W

Black Tarry Poops: P P

Day 3

Feedings: 1 2 3 4 5 6 7 8 9 10 11 Noon 1 2 3 4 5 6 7 8 9 10 11

Wet Diapers: W W W

Green Poops: P P P

Day 4

Feedings: 1 2 3 4 5 6 7 8 9 10 11 Noon 1 2 3 4 5 6 7 8 9 10 11

Wet Diapers: W W W W

Green or Yellow Poops: P P P P

Day 5

Feedings: 1 2 3 4 5 6 7 8 9 10 11 Noon 1 2 3 4 5 6 7 8 9 10 11

Wet Diapers: W W W W W

Yellow Poops: P P P P

Day 6

Feedings: 1 2 3 4 5 6 7 8 9 10 11 Noon 1 2 3 4 5 6 7 8 9 10 11

Wet Diapers: W W W W W W

Yellow Poops: P P P P

Day 7

Feedings: 1 2 3 4 5 6 7 8 9 10 11 Noon 1 2 3 4 5 6 7 8 9 10 11

Wet Diapers: W W W W W W

Yellow Poops: P P P P

Noodle Soup • 4614 Prospect Ave #328 • Cleveland, Ohio 44103
Ph: 800-795-9295 Fax: 216-881-7171 www.noodlesoup.com
Product # 9650

Common Concerns

NO Breast Changes during Pregnancy

NO Breast Changes by Day 3 PP

Sore Nipples

Engorgement/Overfullness

Clogged Ducts/Mastitis

Thrush

Leaking

CALL-come in-ask your lactation consultant!

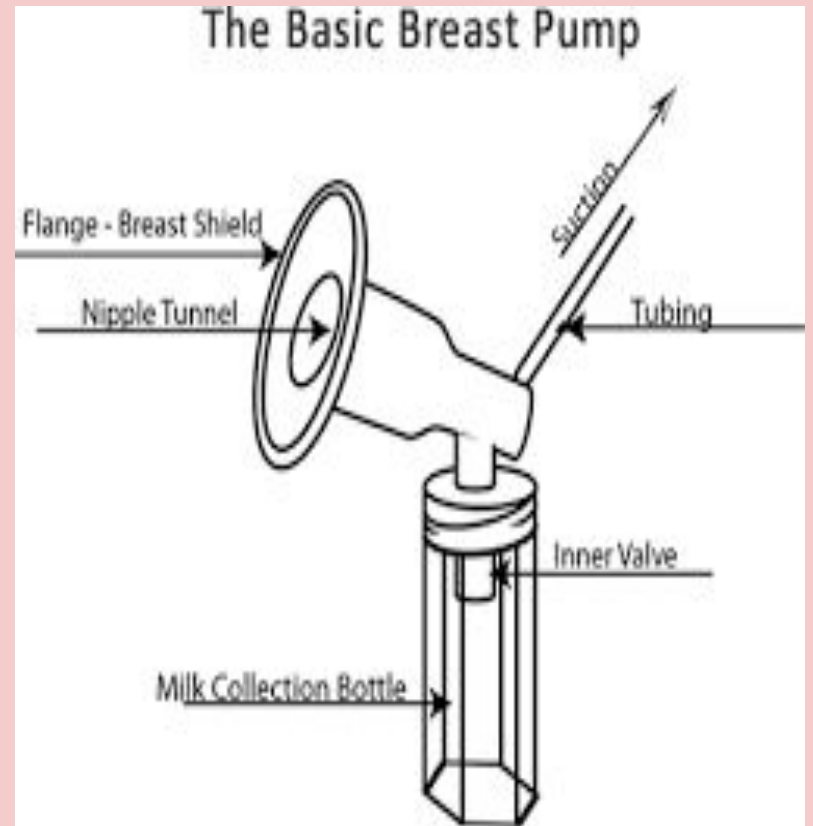
TP

BREAST PUMPING MYTHS

DEBUNKED!



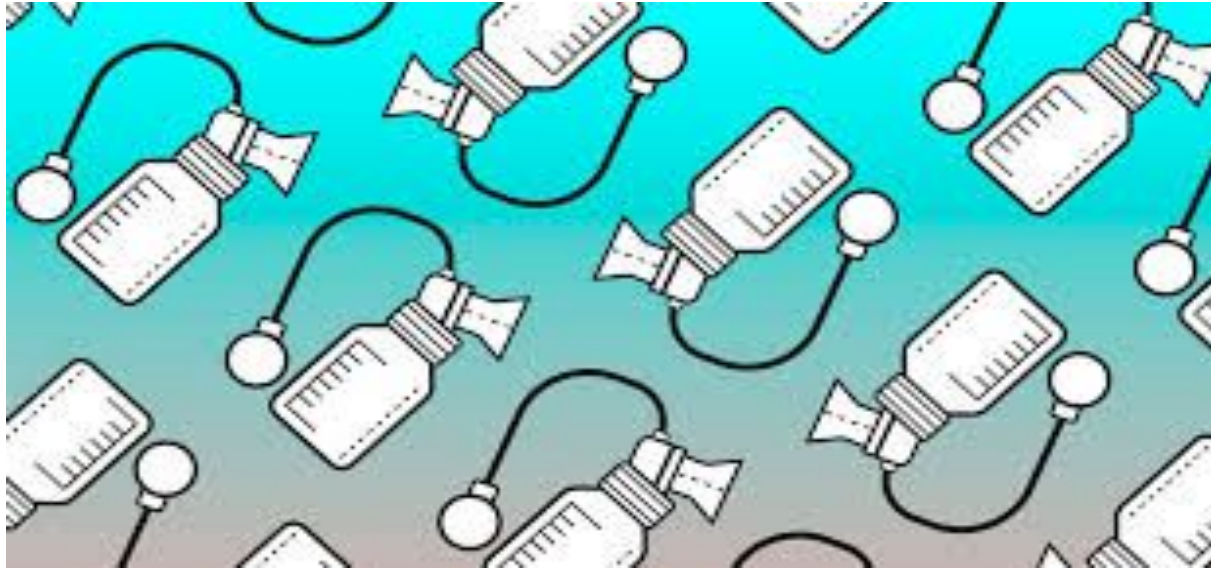
BREASTPUMP PARTS



How soon will you need new parts? Sooner than you think

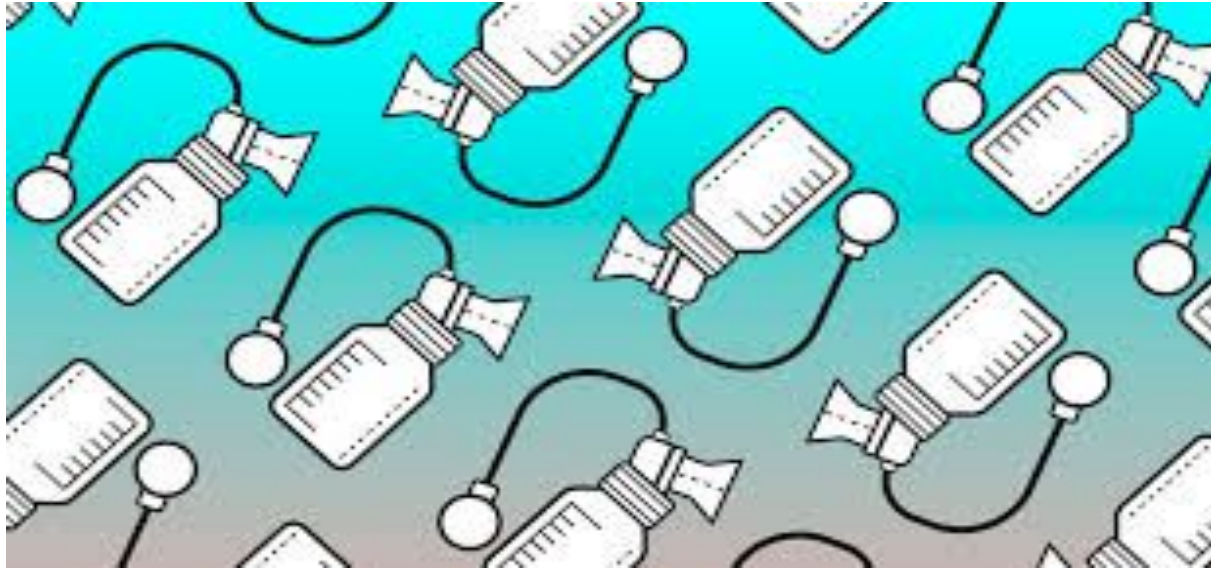
Good maintenance will protect your supply when you can't be with your baby

Breastpump Parts Chart	
part	when to replace
	6 weeks
	4 months
	2 months
	3 weeks
	6 months
LactationConnection.com	



Does EVERY mom need to pump?

- **No, some moms choose to hand express or use a collection device such as a Haakaa.**
- **Some moms supplement with formula if they do not want to pump.**



When should I Start Pumping?

- When to start? Usually waiting until about 4-6 weeks after delivery is good.
- How to build a supply for occasional bottle or workdays or extended absence? You'll have a greater supply in the morning than evening. Waiting an hour after feeding to pump or pumping off the rest of a feeding if baby didn't empty both breasts are two methods.
- Pumping is a different skill than BF (practice!!)
- Bottles and PACED feeding. Sitting baby up and allowing baby to take breaks at the bottle simulates breastfeeding. Look for bottles with newborn slow flow nipples.

Hand Expression



Alternatives to Double Electric Pump

Haakaa



Alternatives to Double Electric Pump

Hand Pump



Alternatives to Double Electric Pump

Breast Milk Storage Guidelines

****Meant for full-term, healthy, non-medically fragile children who are not currently sick.****

Storage Time	Room Temp. 66°F To 78°F	Fridge < 41°F	Freezer < 4°F
Ideal	3-4 Hours	72 Hours	6 Months Regular freezer
Acceptable	6-8 Hours	5-8 Days	12 Months Deep freezer
Most experts agree it is safe to keep an unfinished bottle for the next feeding, within 1-2 hours.	Freshly expressed will last longer in a cooler room.	Store towards the back, away from the door and sides.	
As long as milk is within storage time, it's safe to freeze. Remember to rotate milk to keep as fresh as possible.			
Milky Mommas			
Thoroughly wash and dry your hands before expressing or storing.	Warm refrigerated milk by immersing container in warm water or use a bottle warmer. Do NOT leave it in the heat, heat it in the microwave, or on the stove.		Defrost by leaving in the fridge or holding under cool running water, and then bring to cool water temperature.
Wash containers and pump parts with warm soapy water and air dry completely.	Once warmed the milk can be used within 1-2 hours.		If ice crystals are still present it's safe to refreeze.
			Once thawed the milk is good for up to 24 hours, if kept in the fridge.

Milky Mommas

What
should
I eat
while

Breastfeeding?



- Breastfeeding requires about 500 more kcal by mom each day.
- Moms should focus on good nutrition.
- Moms can eat whatever foods they like, but know anything that is spicy or causes gas for mom may also be/do so for baby.

Resources

kellymom.com

themilkmeg.com

l11i.org

infantrisk.com