

Breastfeeding FAQs

www.secondnaturelactation.com

How Often Should I Nurse?

Your Baby should be fed every three hours or on demand, whichever comes first, until they have regained birth weight.

Should Breastfeeding Hurt?

Breastfeeding can be uncomfortable at first, but it should not hurt. If you have pain, make sure that baby has a wide latch and try different positions. If it persists, schedule an appointment with an IBCLC

What Can I Do to Increase My Milk Supply

Most lactating parents can make enough milk for their baby or babies. Making sure that milk is removed from breasts at least eight times per day will help establish and maintain an adequate supply.

Google Worthy Resources

- Second Nature Lactation
- America Academy of Pediatrics
- Kelly Mom
- La Leche League
- Lactation Education Resources
- American Academy of Breast Feeding Medicine

How Do I Know If My Baby Has Eaten Enough?

- Eating at least 8 times in 24 hours
- At least 6 urination per day*
- Stools are changing color from black to brown to green and finally to yellow after 5-7 days or earlier
- Breasts feel softer after feeds
- Baby wakes for feeds and falls asleep afterwards
- You hear swallowing when nursing

How do I deal with Engorgement?

- Cold compresses on the breast
- Gentle massage
- Bring baby to breast often
- Call your HCP if you develop a fever or feel unwell

When in doubt, seek support out!



*Babies should urinate at least the same amount as days old until day 4 when they begin to pee more