

Breastfeeding Basics

Cue-Based Feedings



1. Encourage mom to feed baby before cries become agitated. It's easier for a baby who isn't crying and distraught to latch on.
2. Look for early hunger cues: flexed arms, closed fists, licking, mouth activity, rooting.
3. Drowsy is the preferred state to feed, crying is a late feeding cue.

Physiology of Lactation

"The milk in a breast was not put there to stay. More milk isn't made 'til you give some away."

Moms may feel reluctant to nurse because they want to "save up" their milk, but actually the more a baby nurses, the more milk their breasts will make.

Is Baby Getting Enough Milk?

See our resource "When to Seek Breastfeeding Help".

Rule of thumb: By baby's fifth day, there should be 3 or more yellow, seedy, watery stools (normal for breastfeeding babies) and 4 or more wet diapers. Note, baby's stool patterns may decrease after 4-6 weeks.

If mom is having pain, difficulty with latching, or any issues with breastfeeding and you think she needs help, please encourage her to contact a lactation consultant or go to a breastfeeding support group. **Never add water to breast milk to try to "make more". This can be fatal to an infant.**

Formula Feeding

Parents should follow instructions on the formula label regarding how many scoops per number of desired ounces of water unless directed otherwise by a doctor.

Do not put bottles in the microwave. The liquid can develop "hot spots" and scald a baby's mouth. Formula can be made from warm or lukewarm water from the tap. It does not need to be heated as long as the drinking water is safe. If baby prefers a warm bottle, or a bottle has been in the fridge, it can be set in a bowl of warm water to take the chill off.

It is still a great idea for baby to have skin-to-skin contact even if mom is not breastfeeding. Both parents can participate. You can recommend that, in private, mom/dad takes off their shirt, Baby in only a diaper, and wrap up together in a blanket.

Great for bonding! Plus, switching sides/arms when bottle feeding will ensure that Baby's head and neck muscles have an even amount of activity and pressure.

When to Seek Breastfeeding Help:

- Pain in breast(s) with feeding and/or in between feedings
- Breast tenderness, flu-like symptoms, fever
- Poor infant weight gain
- Jaundice (a yellowing of the baby's skin or the whites of their eyes)
- Illness in mom or baby
- Before taking any medications
- Separation from infant due to prematurity, surgery, or congenital anomalies
- Complex breastfeeding situations



Got Milk?

Please note, good hygiene dictates washing hands before and after handling pumped breast milk, breast pump parts, and bottle washing.

The Human Milk Banking Association of North America (HMBANA) recently published Best Practice for Expressing, Storing and Handling Human Milk in Hospitals, Homes and Child Care Settings..^{viii} These Best Practices state, "Gloves are not recommended for handling human milk except when large volumes are handled, such as during processing milk in a donor milk bank. Use of gloves does not replace the need for good hygiene. Change gloves if they touch contaminated surfaces, to avoid contamination of the milk." The rationale cited by HMBANA is "Occupational exposure to human milk has not been implicated in the transmission of HIV, hepatitis, or other viruses found in human milk. Universal precautions do not apply. Careful hand hygiene is still important ... Gloves can give the wearer a false sense of security, which may increase the possibility of contamination of the milk. In situations where gloves are worn, hand hygiene is still important because the gloves can be contaminated by the wearer."

Who to contact for help:

Ask Health Care Provider (OB or pediatrician)
La Leche League: free local support groups

Other Breastfeeding Support Groups: at hospitals, Hopscotch, EcoBuns
Baby Store

Check these websites: www.kellymom.com,
<http://kentcountybreastfeeding.org>



It is now required that insurance companies cover the cost of a breast pump.