

WHEN YOU GO HOME



Building your milk supply:

- Feed early and often, watch your baby for hunger signs.
- Expect at least 8-12 feedings in 24 hours. These feedings may not follow a regular schedule.
- Avoid pacifiers or bottles, at least in the first 4 weeks.
- Frequent feedings, not formula: Only use formula if there's a medical reason.
- Sleep near your baby. Learn to nurse lying down.

Signs of hunger:

- Hands to mouth, sucking movements. "I'm thinking about eating."
- Soft sounds, stretching. "Feed me now!"
- Crying is ALWAYS a late sign, "Calm me down first, then feed me."

It's a multi-course meal:

- Every feeding at breast is a multi-course meal that starts with an appetizer, and ends with dessert. Offer both breasts at every feeding.
- Switch sides when swallowing slows or infant takes himself off.
- It's OK if baby doesn't take the second breast at every feeding.
- Help baby open his mouth widely: If you're having trouble with latch, get help promptly.
- If the baby is sleepy: skin-to-skin contact can encourage feeding. Remove baby's top and place him on your bare chest.

Look for signs of milk transfer:

- You can hear the baby swallowing or gulping.
- There are no clicking or smacking sounds.
- Baby shows signs of feeling satisfied and full: calm and sleepy, hands and body relaxed after a feed.
- You may feel milk let-down:
 - You may feel relaxed, drowsy, or thirsty.
 - You may feel some contractions in your uterus, or your other breast may leak milk.
- You should feel strong tugging, but NOT pinching or persistent pain. A good latch helps you to be more comfortable and your baby to get a better meal:
 - The baby should face his meal with his whole body.
 - "Nose to nipple" orientation
 - Wait for a wide open mouth, like a yawn. Then bring the baby in close. Baby's mouth covers most of the areola (dark area of breast) - not just the nipple.
- Baby has adequate weight gain: follow up 2 days after you get home and again at 2 weeks.

What goes in, must come out. Look for:

- At least 3 poops per day by day 4.
- Poops change from black to green/brown to loose yellow as your milk comes in.
- At least 6 heavy/wet diapers after day 4.
- Urine should be pale yellow as your milk comes in.

Over time:

- All babies have days when they nurse more frequently.
- Breast swelling normally lessens at about 7-10 days and it is NOT a sign of decreased milk supply.
- Your milk may look thin or bluish, but it contains plenty of nutrients.

If you choose to share a bed with your baby:

- Keep the bed away from walls on both sides so the baby won't get stuck.
- Keep blankets, comforters, or pillows away from the baby.
- Avoid soft surfaces such as waterbeds, couches, and daybeds.
- Neither parent should be under the influence of alcohol, illegal drugs, or medications that would affect the ability to wake up.
- As with sleeping separately, put the baby to sleep on his back.
- Do not allow the baby to sleep alone on an adult bed.
- Do not allow anyone except the baby's parents to share a bed with the baby.
- Because the risk of Sudden Infant Death Syndrome is higher in children of smokers, parents who smoke should not bedshare, but may sleep with the baby nearby.

Tell your hospital what you think:

- Let your hospital know if you had a good or bad experience with breastfeeding. Suggest they become Baby-Friendly®. You'll be helping other moms!

If you have questions, persistent pain, or can't hear swallowing, ask for help right away!

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