

# Breastfeeding/Chestfeeding tips



Skin-to-skin- babies who are placed skin-to-skin are more likely to nurse effectively.

Watch for baby's cues- the early cues that your baby is hungry is wiggling, moving arms and legs, rooting and putting fingers to their mouth



Positions- cradling, cross-cradling, football hold, side lying- no matter what position you chose be sure you are comfortable.

A good latch- baby should face towards you, belly to belly, with no pressure on the back of the head. Baby's lips should be flared and nose clear to breath.



Delaying the use of a pacifier can be beneficial, as their use has been known to shorten the breast/chest feeding relationship.

Switching sides- baby should be offered both breasts at a feeding. Baby should be the one to decide if both breasts is needed.



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## Benefits of Early and Frequent feedings

- Suckling stimulates the uterus to contract and expel the placenta
- Suckling right after birth assists in learning this behavior
- Colostrum benefits the baby's health
- The baby's digestive system is stimulated to start working, decreasing the chances of jaundice
- Engorgement can be avoided
- Enhances attachment and bonding

## Normal Patterns of EBF Babies

- Average milk intake-
- First 24 hours- 2-10ml per feed
- 24-48 hours- 5-15ml per feed
- 48-72 - 15-30ml per feed
- 71-96 hours- 30-60ml per feed
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- Average urine output- 6+ soaking diapers by the end of the first week.
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- Average stooling patterns-
- 0-2 days- meconium- black tarry
- 2-4 days- black to green to yellow
- 4 days- 6 weeks- yellow, seedy and runny