

HOW CAN I GET BREASTFEEDING / CHESTFEEDING MY NEWBORN OFF ON THE RIGHT START?

THE FIRST
2
WEEKS

Making milk and feeding from your body will take learning, skill and support. Luckily, you and your baby are a team. Whether you are expecting a baby or have just welcomed one into your family, here are some tips to get you started.



BEFORE BIRTH

Did you know there are things you can do *before* your baby is even born? To help you learn how to feed your baby from your body, consider...

- Taking a prenatal feeding class
- Learning hand expression
 - It's a feeding skill you can gain before baby is born. Start at 36 weeks and/or with ok from your maternity provider.
- Visiting a breastfeeding group
 - Ex: La Leche League Canada
- Having a written feeding plan
 - Consider what you might do if you have challenges and discuss your goals with your supports.



YOUR FIRST DAY

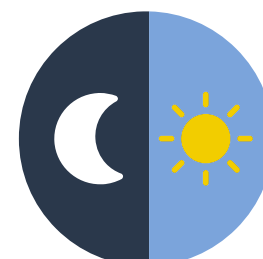
WHY GO SKIN-TO-SKIN?

After your baby is born, doing 60-90 minutes in a row of skin-to-skin is the *best* thing you can do for breastfeeding. Do this as soon as possible after a vaginal or a cesarean birth. You can do it when your baby is awake or asleep, while feeding or not. You can do this one or more times per day to help with any challenges.

I DON'T THINK I AM MAKING MILK YET!

Your body is making a thick newborn milk called colostrum. It is already there when your baby is born and will last the first 2-6 days.

Ways to stimulate more colostrum and your milk transition include latching the baby often, hand expressing and pumping.



IN AN ENTIRE DAY

When we talk about how much a newborn feeds, pees or poops in a day, that means the full 24 hours, not just the daytime. They should be waking and feeding overnight, too.

HOW OFTEN SHOULD WE FEED?

Exclusively breastfed newborns will usually feed 10-12 times per day or about every 2-3 hours.

ONE SIDE OR BOTH?

You want to offer both sides at a feed. Most babies will need help to wake up for the second side. Try feeding on one side, changing their diaper, then feeding on the other side.

HOW LONG SHOULD WE FEED?

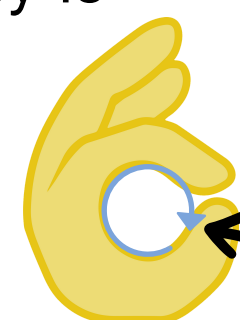
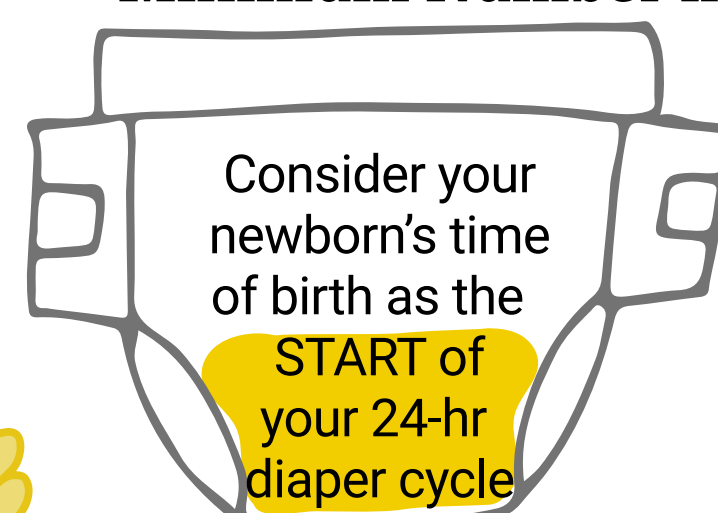
One feed can last up to an hour when they are latching to your body, (30min/side), as long as they are full when it's over.

COUNTING DIAPERS

By counting how many diapers your baby wets and soils each day, you can get a good idea of whether they are getting enough to eat.

Minimum Number in 24 hours:

	Pees	Poos
Day 1	1	1
Day 2	2	2
Day 3	3	2+
Day 4	4	2+
Day 5	5	2+
Day 6	6	2+
Days 7-14	6+	2+



To count as a poo, it should be at least the size of a toonie or an "ok" hand gesture, like this.



OVER TIME

As a parent, your job is to offer feeds often, count their diapers and follow routine care. Don't be afraid to ask for help, most people need it for long-term success.

ROUTINE WEIGHT CHECKS

Your baby will have their weight checked around 2 weeks old. If you have concerns before then, call 811. They will guide you through next steps.

I HAVE NO MILK IN THE EVENINGS!

Most people have more milk in the morning and less in the evening. Cluster feeding is a normal process that can last 3-4 hours, often happening in the evening, every day in the first 2 weeks. Your baby will do multiple feeds close together and your breasts will feel empty. Their suckling helps to make more milk. If they have enough dirty diapers, and are overall calm and content, continue breast/chestfeeding and keep up with routine checks.

MY BABY HAS JAUNDICE

If your baby has jaundice, you should continue to breast/chestfeed them. By feeding often and with enough volume, most babies will clear newborn jaundice through their poop.

QUESTIONS?

Depending on your concern, you can:

- Call 811
- See an IBCLC® lactation consultant
- Visit LLLC.ca or go to a peer-support meeting
- Go to HealthyParentsHealthyChildren.ca
- Visit your doctor or primary care provider