

7 Things to Know for Baby's First Days of Breastfeeding

1

You have milk!

Your first milk, Colostrum, is all your baby needs for the first few days. It is a SUPER food, in just the right amount for your baby's small tummy. You can learn to express your milk if your baby needs help with eating.

2

Hold your baby skin-to-skin.

Skin-to-skin is a good way to calm your baby and helps your baby breastfeed better. It can be done anytime. Your partner can do it, too.

3

Your baby has time.

Full-term, healthy babies have extra fat and fluid and do not need big meals. They have a day or two to learn to breastfeed, and they need to practice breastfeeding. They do not need bottles unless there is a medical problem.

4

Avoid giving bottles unless medically indicated.

A breastfed baby does not need formula. Babies suck differently on a bottle, and some have trouble doing both. It is better to learn to breastfeed first. Your breasts are getting information from your baby about how much milk to make. The more often your baby breastfeeds, the more milk you make in the next few days.

5

It should NOT hurt.

If your baby takes enough of the breast into their mouth, it should be comfortable. Make a "nipple sandwich" by wedging the breast between your fingers behind the dark part of your breast. Start with the baby's nose near your nipple. Do not be afraid to have the baby's chin and cheeks touch your breast.

6

Babies like to be held and/or nursed a lot.

Your baby is getting used to life in the outside world. While you hold her/him, your baby stays comfortable and warm, and it will not become spoiled by being held often.

7

You can tell if the baby is getting enough.

Use a feeding log to note when your baby breastfeeds. Also, note pee and poop diapers each day. Listen and watch for swallowing. Call your lactation consultant and/or pediatrician if there are any concerns.

