

Breastfeeding Positions You May Wish to Try



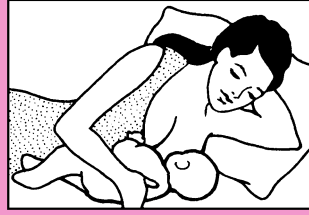
Sitting

Use a pillow under your baby to keep him high above your lap.



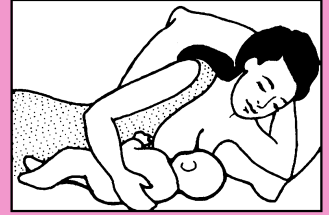
Football Hold

Place your baby on a pillow at your side, with his legs under your arm. Try this hold if you had a C-section.



Lying on Your Side

This position is good for night feedings. You don't have to roll over to change breasts.



If your baby is active, feeding may be easier if you wrap him in a blanket. If he is sleepy at feeding time, remove all but his diaper and shirt, change his diaper, pat his legs with a cool cloth, or rub his back to wake him up.

How to Tell If Your Baby is Getting Enough to Eat

Ask yourself these questions:

- Does my baby have 6 or more very pale yellow urine wet diapers in 24 hours? (Use of super-absorbent diapers makes it very hard to tell how often baby is wetting. Try cloth or cheaper, store brand diapers. If your baby is not wetting at least six diapers in 24 hours, call your health care provider immediately.)
- Does my baby have soft, yellow stools? They may look like cottage cheese or stains. One stool after each feeding to two stools each day is normal. After 4 to 6 weeks, a totally breastfed baby may stool only once a week.
- Do I hear my baby making frequent swallowing/gulping sounds while breastfeeding?
- Am I breastfeeding 8 to 12 times a day for about 30–45 minutes per feeding?
- Did my baby regain his birthweight by 2 weeks of age?
- Is my baby gaining a pound or more a month? (Weigh him at the clinic.)

If you answer "No" to any question, try breastfeeding more times each day. Also, let your baby breastfeed longer. Avoid routinely offering formula (artificial baby milk), water or a pacifier in place of breastfeeding. Call the breastfeeding educator at your local WIC clinic.

Illustrated by: Lisa Penny.

Developed by: Nutrition Section, Idaho Dept. of Health and Welfare, Statehouse, Boise, ID 83720-1001, 1989.

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Breastfeeding Basics

GETTING STARTED



How to Start or End Breastfeedings

1

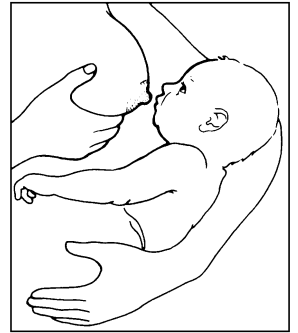
Tell your doctor/midwife or labor room nurse that you want to breastfeed as soon after delivery as possible. Ideally, this should be within a half-hour of your baby's birth. Make yourself comfortable; sit or lie in bed.

Ask the nursing staff for help with getting started. A pillow or folded blanket placed on your lap can support your arm and baby. Many mothers feel clumsy doing this the first time. Breastfeeding is easy to learn, but takes some practice at first.

2

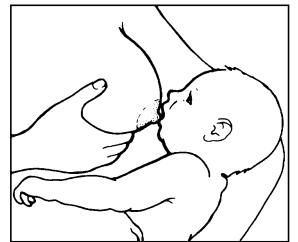
Hold your baby level with your breast with **his chest to your chest** and his lower arm around your waist. Your nipple needs to be right at his mouth, so he doesn't have to turn to reach it.

Hold your breast between your thumb and first finger. Keep your hand behind the brown part around your nipple.



3

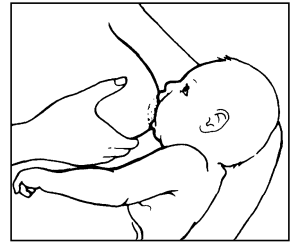
Lightly tickle your baby's lower lip with your nipple. After a few tries, your baby will **open wide**, as if to yawn.



4

Quickly center your nipple in his mouth as you draw him in **very closely** toward your body.

Make sure he has a good mouthful of breast, especially the underneath part of the darker skin around the nipple (areola), well in his mouth. Make sure that his lips are curled out—not sucked in.

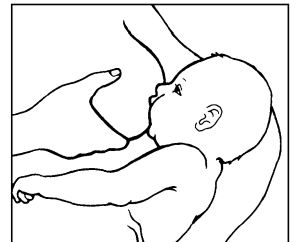


5

Pulling the baby in closely causes him to remain correctly positioned on your breast.

Pull your baby's bottom toward you, or lift up the hand holding your breast to make an airway for his nose if needed.

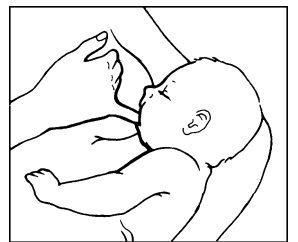
If breastfeeding hurts, stop and start over.



6

When the baby lets go of the first breast on his own, remove the baby by putting your finger in the corner of his mouth to break the suction.

Burp your baby, then offer the other breast.



7

Keep track of the breast used last by pinning a safety pin on that bra strap. Use that breast first during the next feeding.

Let your nipples air dry after each feeding.

How Often and How Long to Feed Your Baby

Your baby may do more nuzzling than breastfeeding his first couple times at the breast, but these are good starts. Let your baby feed as often and as long as he needs to. This may result in a 5-minute feeding or a feeding well over 30 minutes.

Watch your baby for signs that he is ready to eat. Your baby may start to make little noises or grunts, suck on his lips or tongue, turn his head toward you, put his hand up to his mouth. Try to feed your baby before he cries. Newborns should breastfeed often, about every 1½ to 3 hours (10 times each 24 hours). Breastfed babies **need** to breastfeed often. Breastmilk is very easy to digest. Also, your baby's tummy is very small and can't hold much at first. The more often the baby breastfeeds, the more milk you make and the more weight he gains.

At first, feeding times will be irregular. After a few weeks, your baby will get into a routine of eating every 2–3 hours.

If you have a sleepy baby, wake him every 2–3 hours in the daytime, and at least twice at night to feed. Your baby needs **at least** 8 feedings in 24 hours.