

Breastfeeding



Care Guide

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Football Hold

If you have had a cesarean, this may be the hold you'll want to use until your stitches heal. This hold is often used to breastfeed twins at the same time.

Put a pillow or two at your side to support your baby and arm. With her body tucked against your side, support her neck and the lower back of her head with your hand. Her feet and bottom should be against the back of the bed or chair.

Her mouth should be just in front of your nipple. If she is too low, or if her head needs to bend to reach your nipple, use as many pillows as necessary to raise her body to a comfortable height.

Use your free hand to support and guide your breast to your baby's mouth. Remember to bring your baby toward your breast. Don't lean over to put your nipple in his mouth.



Breastfeeding Lying Down

Lie on your side with one pillow supporting your back and one between your knees supporting your top leg.

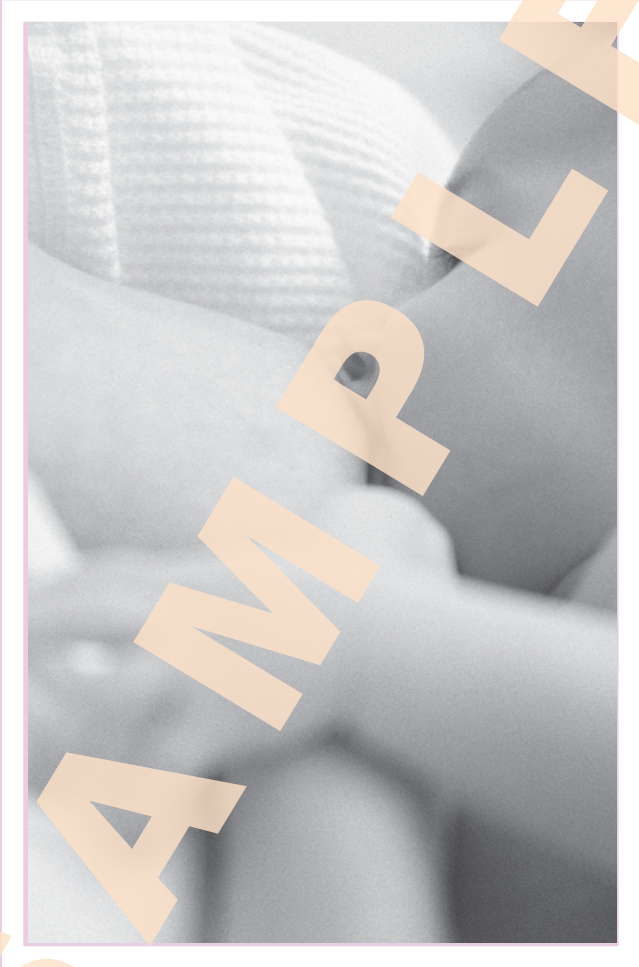
Place your baby on her side with her tummy touching your tummy. Her mouth should be just in front of your nipple. If she has to reach for your nipple, lay her on a firm pillow to bring her up to breast level.

Use your free hand to support and guide your breast to your baby's mouth.



This position may be easiest for you if you have had a cesarean and are still uncomfortable.

*Your Breastfeeding
Guide*



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EXPRESSING AND STORING BREASTMILK

Women may not be able to breastfeed at every feeding for a number of reasons. Some mothers have gone back to work. Others have a baby in the hospital. Even if you can't nurse, you can still empty your breasts and store the milk for later use. These instructions can help you successfully express your milk when you need to.

For additional instructions to mothers whose babies are hospitalized, see page 34.

You will need:

- A breast pump (unless you plan to express manually). Pumps are discussed on the next page and can be rented.
- Containers made of glass, clear hard plastic, or cloudy hard plastic, OR milk storage bags specially designed for freezing,

Cleanliness

Your first priority is keeping everything clean for your baby. Wash your hands with soap and water before pumping.

Plastic parts that touch the milk need to be rinsed in cold water after each use. After rinsing, wash them in hot soapy water and rinse thoroughly. Place washed plastic parts on a towel and cover lightly to air dry. Or wash the pieces in the dishwasher.

Any part of your pumping kit that does not touch the milk should be cleaned if milk sticks to it.



Guidelines for Storing Breastmilk		
	Freshly Expressed Breastmilk	Thawed Breastmilk (previously frozen)
Room Temperature	up to 4 hours	Do not store
Refrigerator	up to 8 days	up to 24 hours
Refrigerator Freezer	up to 3 to 4 months separate door freezer	Never refreeze thawed milk
0°F Deep Freezer	up to 6 to 12 months	Never refreeze thawed milk

To freeze your milk, put the container on a shelf near the back of the freezer. Use within guidelines. Breastmilk will separate into layers of skim and cream when refrigerated or frozen. Mix gently.

Expressed breastmilk may have the odor of the foods the mother has eaten.

Milk that is pumped at the same time can be pumped into one container or mixed immediately. Then with each pumping, start with a clean container. Cold milk can be mixed together with other cold milk. For example, pump at 10:00 a.m. and store that milk in the refrigerator. Pump again at 2:00 p.m. and place that milk in the refrigerator. When the 2:00 p.m. milk is cold, you can then mix the two containers together.

Is Your Refrigerator Cold Enough?

Test your refrigerator to make sure it's cold enough to store milk safely. Put a glass of ice cubes and water in the back of the refrigerator. If some ice still remains after 24 hours, your refrigerator is cold enough.

Lactancia Materna



Guía de Atención