

# WHAT YOU NEED TO KNOW TO SUCCESSFULLY START BREASTFEEDING YOUR BABY

Northpoint Pediatrics supports breastfeeding for our patients and offers a full-time lactation expert to help. Breastfeeding is a natural way to feed your baby, but it does not always come easily as mom and baby learn how. Start with this brochure to learn how to get started, how to keep breastfeeding when you return to work, and the best breastfeeding diet.

## Getting started

Don't panic if your newborn seems to have trouble latching or staying on your nipple. Breastfeeding requires patience and lots of practice. Ask a nurse for help and request a visit from the hospital or Northpoint lactation consultant.

### Breastfeeding is going well if:

- Your baby is breastfeeding at least eight times in 24 hours
- Your baby has at least six wet diapers every 24 hours
- Your baby has at least four bowel movements every 24 hours
- You can hear your baby gulping or swallowing at feeds
- Your breasts feel softer after a feed
- Your nipples are not painful
- Breastfeeding is an enjoyable experience

### Call your doctor if:

- Your baby is having fewer than six wet diapers a day by the sixth day of age
- Your baby is still having meconium (black, tarry stools) on the fourth day of age or is having fewer than four stools by the sixth day of age
- Your milk supply is full but you don't hear your baby gulping or swallowing frequently during breastfeeding
- Your nipples are painful throughout the feed
- Your baby seems to be breastfeeding "all the time"
- You don't feel that your breasts are full and excreting milk by the fifth day
- Your baby is a "sleepy, good baby" and is hard to wake for feedings



## Are you nursing correctly?

A checklist from the American Academy of Pediatrics.

### Signs of Correct Nursing

- Your baby's mouth is open wide with lips turned out.
- His chin and nose are resting against the breast.
- He has taken as much of the areola as possible into his mouth.
- He is suckling rhythmically and deeply, in short bursts separated by pauses.
- You can hear him swallowing regularly.
- Your nipple is comfortable after the first few suckles.

### Signs of Incorrect Nursing

- Your baby's head is not in line with his body.
- He is sucking on the nipple only, instead of suckling on the areola with the nipple far back in his mouth.
- He is sucking in a light, quick, fluttery manner rather than taking deep, regular sucks.
- His cheeks are puckered inward or you hear clicking noises.
- You don't hear him swallow regularly after your milk production has increased.
- You experience pain throughout the feed or have signs of nipple damage (such as cracking or bleeding).

### Breastfeeding 101

Our FREE breastfeeding class is offered once a month at our Noblesville location. This class reviews the basics of breastfeeding: how to get through the first few weeks, latching and positioning, how often and how much for feedings, how to know if it's going well, pumping and going back to work.

*Interested? Call Virginia to register 317-621-9000.*

## Pumping at work

With today's breast pumps, you can continue giving your baby breastmilk for as long as you desire. Use these tips to get everything ready for pumping at work.

### 1. Plan ahead with your employer.

Before your baby is born, schedule a meeting with your manager and ask if there is a policy in place for pumping at work. If not, ask your boss if you can develop one. Think through your entire work day and schedule planned times for pumping breaks.

### 2. Determine where you can pump at work.

Plan ahead based on the space provided. If you don't have access to a refrigerator you can place the expressed milk in a cooler with ice packs and put it in the fridge or freezer as soon as you get home. If you don't have access to a sink, you can clean the parts at home or use microwave steam bags made for cleaning pump parts.

### 3. Make the most of your pumping time.

With a heavy duty, double electric pump you'll need 15-20 minutes to pump both breasts every 3-4 hours to maintain supply. Bring a picture of your baby to look at and help stimulate your milk flow. Use hand expression and breast massage to get more milk moving. Be patient! It can take some time to find the combination and methods that work best for you and your milk flow but it is possible!



## How to pick the right breast pump

There are two main categories of breast pumps: electric and manual (operated by hand). It's worth considering each type and picking the one that best meets your needs.

1. Double electric pumps reduce pumping time and work most like the baby. If you will be pumping full-time, it's worth investing in a heavy duty, double electric pump. Tip: Check with your insurance provider to see if they provide a double electric pump.
2. Mid-range electric pumps typically pump one breast at a time so pumping takes longer. However, these models are more affordable and more portable.
3. Manual hand breast pumps are small and very affordable. While these pumps take longer than either electric type, many women think they feel more natural.

A note of caution: If you are considering buying a used breast pump or borrowing a friend's pump, reconsider. Most pumps are not designed for multiple users and carry a risk of contaminating your breast

## BREASTFEEDING DIET

It's true, breastfeeding moms need more calories - 500 more calories each day in fact. Those extra calories should come from foods that are high in antioxidants, protein and key nutrients that will support your needs and your baby's development needs.

Try to work these foods into your regular diet - they are great for all women but we consider them to be breastfeeding power foods:

- Berries esp blueberries, raspberries and blackberries
- Oats/oatmeal
- Flax/flaxseed
- Yogurt
- Eggs
- Avocado
- Nuts and almonds

You should also pay careful attention to how much water you drink. It is easy to become dehydrated while breastfeeding and that can directly affect your milk supply. Dehydration can also make you feel rundown, making it harder to take care of yourself and your baby.



**Schedule a complimentary prenatal visit with one of our physicians.**

Ask questions. Get Comfortable with our office. It's important to establish yourself with a pediatrician before your baby is born.

**Call us today! 317-621-9000**



## Common breastfeeding questions

Breastfeeding can be challenging, especially in the first few weeks as you and your baby are learning. It's okay if breastfeeding doesn't come naturally to you and your baby. If you are going through some tricky breastfeeding situations, know that you aren't alone.

### Why does my baby suddenly not like my milk?

Keep track of what you eat and do and if you notice your baby not wanting to feed in the same way, see if you can relate it to a change in your diet or activity. If so, eliminate the change and see if things go back to normal. Consider not using perfumes, lotions or heavily fragranced soap while breastfeeding as they could potentially change the taste when your baby latches on.

### Why is my baby fussy or frustrated during feeding?

It could be that your milk letdown is happening slowly. Try hand expressing milk before feeding to help the flow come faster.

### How can I stop my baby from biting once his teeth have come in?

If your baby bites or nips during feeding, remove your baby from the breast and say no firmly. If your baby is not done feeding you can continue breastfeeding at that point. As with any discipline it will take some reminders but you can teach your baby not to bite while feeding.

### How can I relieve clogged milk ducts?

If your breast becomes sore or you notice a small lump on your breast that is red or irritated and hurts when you touch it, you might have clogged milk ducts. These can be very uncomfortable and lead to infection if not treated right away. Continue breastfeeding so that your breast does not become engorged. Use massage and heat on the affected areas and feed with that breast first to help drain it fully. Call your OB if your breasts are red, hot or painful or if you have a fever or flu like symptoms. These can be signs of developing mastitis or a breast infection.

### Why are my nipples sore?

If your nipples are continually sore during or after breastfeeding, it is most often due to poor latching or baby positioning. Get a latch evaluation from a certified lactation specialist to see if there are new methods you can try that alleviate the soreness. To help relieve discomfort, use lanolin or express breast milk and let air dry on your nipples several times a day.

### Can I drink coffee while breastfeeding?

#### What about alcohol?

Moderate consumption of coffee, tea, caffeinated sodas, and an occasional glass of wine or other alcoholic beverage are fine when you are breastfeeding. However, some babies are more sensitive than others, so keep a close eye on your baby to see how she reacts.

### What medicine can I take while breastfeeding?

Most medications are safe to take during breastfeeding, but there are a few—including some nonprescription substances—that may be harmful to the baby. These are not always the same medications that are dangerous for pregnant women to take, so be sure to get approval for all medications from your doctor and your baby's pediatrician.

Tip: Prenatal vitamins aren't just for pregnancy. Continue taking them while breastfeeding to make sure you're getting essential vitamins and minerals your body needs.

