

Getting Started: Suggestions for Breastfeeding

- Wake your baby if baby does not wake up for feedings. Infants typically sleep the first 24 hours.
- Hold your infant skin to skin before feedings.
- Massage your breasts before feedings.
- Try feeding on a routine schedule, at least every 3 hours or 8-12 times a day. (ex. 3, 6, 9, 12)
- Encourage baby to open mouth wide before trying to latch.
- When latching, make sure that baby's upper and lower lips are flanged outward.
- Look and listen to see if baby is swallowing.
- Feed on the first breast, then burp baby before offering the second.
- Call the Lactation Specialist to check your infants latch.
- Breastfeeding should not hurt after 20-30 seconds. If hurting after 20-30 seconds, check baby's latch and position.
- To break your baby's latch insert your finger gently into your baby's mouth between gum lines and remove breast from mouth.
- Monitor diaper counts for first six weeks.
- Use gel pads for cracked or damaged nipples.
- Keep follow-up appointment with pediatrician after discharged to home. (Usually within 3 days).

Problems to Report to your Healthcare Provider

- Infant sleeps all the time, has no interest in eating.
- Feedings are very short or extremely long.
- Extremely fussy infant, especially after breastfeeding.
- Newborn misses feeding or sleeps through the night.
- Infant will not latch.
- After day five, milk supply not in.
- Breast engorgement.
- Breast that do not soften during and after feeding.
- Damage to nipples.
- Severe nipple pain.