

Getting Milk from Mom to Baby

Your body is amazing! It knows how to make the right amount of breast milk that your baby needs to grow and develop. Here are some tips as you begin to breastfeed and to help you know that your baby is getting enough to eat.



Find a Comfortable Breastfeeding Position

- You can breastfeed in a chair, on the couch, or in bed. Use a position comfortable for you and your baby.
- Hold your baby close to your body. This helps her to feel safe and secure, and reminds her of what to do at your breast.
- Try different ways to hold your baby. It takes a little time to figure out what works well.
- Your baby, held skin-to-skin against your bare chest, may move to your breast, find your nipple, and “latch on”.



Cradle Hold

Rest your baby's head on your forearm. Arrange her on her side, with her whole body facing you and pulled in close.



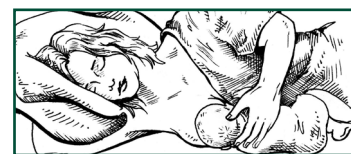
Cross-Cradle or Transitional Hold

Arrange your baby on her side, with her whole body facing you and pulled in close. Run your hand up her back and support her head, neck and shoulders with your hand.



Football or Clutch Hold

Tuck your baby under your arm at your side, with her bottom resting on your forearm.



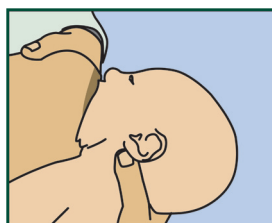
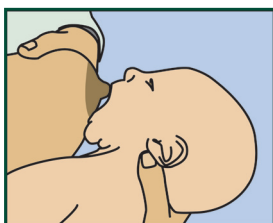
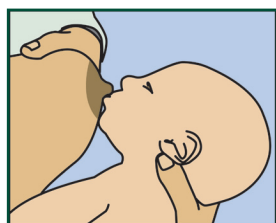
Side-Lying Hold

You and baby lie on your sides, close and facing one another.

Make a Good Latch

A good latch is important for your baby's feeding and for your comfort. If your baby does not “latch on” to your breast correctly, it will be harder for him to feed and it might be painful for you.

- Aim your baby's nose to your nipple, with his head tilted slightly back.
- Tickle baby's upper lip with your nipple to get his mouth to open wide.
- Help your baby onto the breast, his chin and lower lip first.
- Your baby's mouth should cover your entire nipple and some of the areola (darker skin around the nipple).



A semi-reclined or laid-back position may be easier for you and your baby, especially during the early weeks.

Watch Your Baby!

Watching your baby will help you know when she is hungry or full.

- **Hunger signs:** Breastfeed whenever your baby shows signs of hunger. She may suck on her hands and fingers, or turn her head from side to side looking and feeling for the breast with her mouth and lips.
- **During a feeding:** Your baby's lower jaw should move and her ears may wiggle. You will hear or see your baby swallow.
- **When she's had enough:** At the end of most feedings, your baby should be satisfied. You will see her relax and then either become sleepy, or become alert and happy. Let your baby end the feeding. She will let you know when she is finished.
- **Sucking after feeding:** Feedings usually last about 15-20 minutes on each breast. There may be times your baby continues to suck longer because the closeness is comforting. If you need to do other things, you can carefully remove your baby from your breast by sliding a clean finger between baby's upper and lower gums and then slowly pulling baby away from your breast.
- **How often to feed:** All babies are different so watch your baby, not the clock! Most newborn babies will eat every one to three hours, or 8 to 12 times in 24 hours. Sometimes a sleepy baby will not ask to eat often enough and you will need to wake her to breastfeed. Babies go longer between feedings as they get older, but will eat more often during growth spurts.
- **Ask for Help** if you are ever concerned that your baby is not getting enough breast milk, keep breastfeeding and talk to your peer counselor, WIC nutritionist, or your health care provider.

Watch Your Body!

It's normal for your breasts to change when you are pregnant or breastfeeding. From the start of your pregnancy until you stop breastfeeding, your breasts will change to meet your baby's needs.

- Before a feeding your breasts will feel full and may even have milk dripping from them. You may feel tingling as your breasts prepare to release milk.
- After a feeding your nipple should be round, not pinched, and free from pain. Your breasts will feel less heavy than they did before the feeding.

Is My Baby Eating Enough?

Count Wet and Dirty Diapers

- The first few days, your breastfed baby will have at least 1 or 2 wet diapers and dark, tarry stools. If all is going well, his stools will change to a greenish color around day three.
- By day five, the stools will become and stay yellow for as long as breastmilk is the only food he is getting.
- After the first week, you'll know breastfeeding is going well if your baby is having 4 or more wet diapers, his urine is clear or pale yellow, and you are changing 3 or more dirty diapers a day.
- Around four to six weeks, most babies start having fewer dirty diapers each day.

Have Your Baby's Weight Checked

It's normal for your newborn to lose a small amount of weight during the first days after birth. Your baby will gain about 4 to 8 ounces each week after the first week.

If you have questions or concerns, please contact:

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