



Memorial Hospital, Anywhere USA

PLANNING & PREGNANCY

MEMORIAL HOSPITAL, ANYWHERE USA

WELCOME

Building Blocks of Breastfeeding

Congratulations! You Have Made a Wise Choice

As you are nearing the end of your pregnancy and the start of a new beginning, you have made an excellent choice in breastfeeding! By breastfeeding your child, you will be getting both of you off to a good start.



Breast milk has just the right mix of nutrients for a growing baby – plus it may help your baby resist infections and protect her against allergies and SIDS (Sudden Infant Death Syndrome). There are great benefits to breastfeeding for you as well. Breastfeeding burns calories and makes it easier to lose post pregnancy weight. It helps the uterus return to its normal size and lowers the risk of breast and ovarian cancer, hip fractures, and osteoporosis. Breastfeeding is a learning process for you and your baby. Relax and take pleasure in the discovery process together.

In this Issue

- Milk Basics
- Encouraging Baby
- How to Know if Your Baby is Hungry
- When to Call for Help

Quick Links

- Women's Center
- Classes, Events
- Find a Doctor
- Our Locations
- Contact Us
- Send to a Friend

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If you have a questions or concern, please contact your doctor or qualified health care provider.

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Issue 1: Building Blocks of Breastfeeding

Milk Basics

Your breasts have the amazing ability to make milk. In the hospital, mothers feel happier and more confident if their baby has frequent opportunities to breastfeed around the clock. Breastfeeding should start within an hour of giving birth. The early milk made by your breasts is called colostrum. Later, your breasts begin to produce foremilk and hindmilk. Each type of milk is important to the health of your baby. **More**



Encouraging Baby

During their first 24 to 48 hours, babies are very sleepy and don't seem interested in nursing. Encourage your baby to breastfeed every 2 to 3 hours. If she won't wake up and doesn't want to eat, don't get discouraged. Try these helpful tips. **More**

How to Know if Your Baby is Hungry

Breastmilk is easily digested and your newborn has a small stomach at birth. That means she will need to eat often. Feed her whenever she seems hungry but don't let her go more than 4 hours without feeding her during the first month. **Click here** to discover some signs that she wants to eat.

When to Call for Help

Most babies have very few problems after they leave the hospital. Just in case, you should know some warning signs. **More**

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Milk Basics

Early milk, or colostrum, is yellowish and thick. It contains antibodies that help your baby resist infections. Three to five days after birth, your milk supply will increase. Foremilk and Hindmilk are now being made. Foremilk is watery and may be bluish. It contains a lot of fluid and protein. This is the first milk baby gets at each breast at every feeding. Hindmilk is essential for good growth. Hindmilk is creamier and contains most of the fat and calories. Your baby will get hindmilk after 8 to 10 minutes of sucking each breast. All three types of milk are essential to your baby's health. Because of this, it is important not to make your feedings too short.

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Encouraging Baby

If baby won't wake up or doesn't want to eat, let her sleep and try again in half an hour. Don't let her go longer than 4 hours without trying to breastfeed her. Here are some helpful tips in trying to wake her:

- Unwrap baby and/or change her diaper.
- Put baby skin-to-skin with mom – cover baby and mom with a blanket.
- Sit baby up and rub her back and feet.
- Burp her before nursing.
- Wipe her face with a cool washcloth.
- Try to awaken baby only 10 to 20 minutes – too much stimulation can make her even sleepier.
- Try again in about an hour.



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How to Know if Your Baby is Hungry

- She is more alert, more active, restless.
- Licking her lips, making suckling motions, hands in her mouth.
- Moving her head around in search of your breast.

If you wait until your baby begins to cry, this may be a late sign of hunger. Don't expect to put your baby on a schedule. Most babies will develop their own schedule within 6 to 8 weeks.



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When to Call for Help

Call your doctor or clinic if you notice that:

- Your baby has less than 6 wet diapers a day by 5 to 7 days of age.
- Your baby has less than 1 to 2 bowel movements a day.
- Your baby is never content.
- Your baby is very sleepy.
- You don't hear swallowing during feedings.

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The Journey Ahead

You now have the basic building blocks of the breastfeeding journey for you and your child. In upcoming issues, we will share more information to help you on your way to a healthy and happy life for you and baby.

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