



Breastfeeding Your Baby



Region of Waterloo

PUBLIC HEALTH

Breastfeeding: Nothing Compares To It!

Best for Babies

- provides the best food that is always fresh and ready
- helps to prevent constipation
- increases protection against illnesses such as childhood diabetes
- increases protection against ear, chest and stomach infections
- increases protection against allergies if there is a family history of allergies
- may increase protection against Sudden Infant Death Syndrome, also called crib death
- helps to promote proper jaw and tooth development
- may help to promote better brain development

Best for Mothers

- promotes closeness and touching with baby
- helps the uterus to return to its normal size after birth
- helps to control bleeding after birth
- helps to protect against cancer of the breast and ovary
- helps to keep bones strong
- helps to use up the extra fat gained during pregnancy
- saves money; formula is expensive
- saves time; there is no need to prepare formula and bottles
- does not produce any garbage; there are no formula and bottle packages to throw out

Breastfeeding is a skill and may take time to learn. This book offers information to help you and your baby get started. Call your local public health office if you have any questions (see the back of this book for phone numbers).

Cross Cradle Position



This position works well:

- if you are learning to breastfeed
- if you have a small baby.

Football Position



This position works well:

- if you are learning to breastfeed
- if you have a small baby
- if you have large breasts
- if you have flat or sore nipples
- if you had a caesarean birth

Cradle Position



This position works well:

- after you are comfortable with breastfeeding

Side-Lying Position



This position works well:

- if you find it too painful to sit
- if you want to rest when you breastfeed
- if you have large breasts
- if you had a caesarean birth


Try different positions. For all positions, check that:

- Your back and arms are well supported. A pillow behind your back and under your arms will help.
- Your baby's head and body are raised up to your breast. A pillow under your baby will help.
- Your baby's chest is facing and touching your chest. Place your baby on his/her side except in the football position. For the football position, place your baby on his/her back or slightly turned to the breast.
- Your baby's mouth is facing your nipple. Bring baby to you instead of leaning over or pushing your nipple into your baby's mouth.

Breastfeeding Positions


Getting Started

1




Get comfortable and find a position that works well for you. See section on “Breastfeeding Positions.”

2




Hold your breast in your hand. Thumb is on top and fingers are below the breast.

3




Stroke baby’s lips with your nipple. Wait until baby’s mouth is wide open like a yawn . . .

4



. . . then pull baby to breast. Baby’s mouth should cover lots of the dark area around the nipple (about 1-1½ inches).

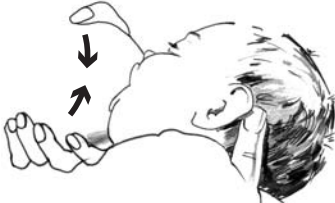
5



Your baby is “latched” or placed on your breast properly if you:


- See baby’s mouth opened wide
- See baby’s lips curled out
- See baby’s chin pressed into your breast

6




If baby falls asleep after a few minutes, squeeze your breast to help your milk to flow. Do not squeeze so hard that it hurts. This will help baby to start sucking again . . .

7



. . . also try taking baby’s clothes off or changing the diaper. Tickle baby’s ears, chin and feet.

8



If you want to take baby off your breast, slip your finger into baby’s mouth and between the gums to break the suction.

9

- When baby no longer has strong “deep and slow” sucks and your breast feels softer, offer the second breast.
- Baby may only feed a short time on the second breast.
- At next feeding, offer the breast that the baby fed on last. This is often the breast that feels the fullest.

Tips To Help Breastfeeding

- **Breastfeed as soon as possible after birth.** Your baby is most awake and ready to learn how to breastfeed during the first two hours after birth. Breastfeeding early will also help you to make more milk.
- **Get help to breastfeed.** In the hospital, ask your nurse to help you put your baby onto your breast. Get help right away if you are having breastfeeding problems. See the back of this book for places to get help when you are at home.
- **Breastfeed often.** In the first month, most babies will breastfeed well at least eight times a day. This can be every 1½-3 hours. It is common for babies to have many breastfeedings in a short period, and then sleep longer between feeds at other times. There are no set times to feed your baby. Feed your baby when he/she is showing signs of hunger (see section on “Questions About Breastfeeding,” question 4.)
- **Do not give your baby soothers or bottles until breastfeeding is established.** If you decide to use these, it is best to wait until your baby has learned to breastfeed. This often happens by four to six weeks. Giving a soother or bottle too early can cause your baby to have problems latching onto your breast, could make breastfeeding painful and may decrease your milk supply.
- **Give your baby only breast milk.** No extra drinks or foods are needed for a healthy baby in the first six months of life. Extra drinks or foods before this time will slow down your milk supply and may affect your baby’s health (for example, your baby may develop an increased risk for allergies).

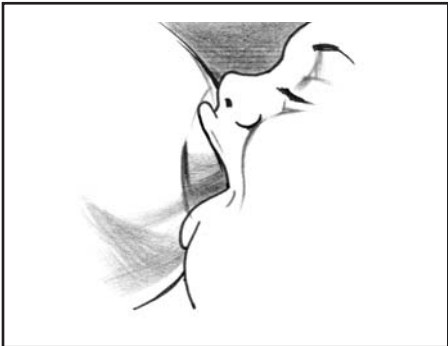
Signs That Your Baby Is Breastfeeding Well

1. Deep and Slow Sucks

- At the start of the feed, your baby will have shallow and quick sucks. When your milk starts to flow, the sucks should become deep and slow. There should also be a pause during the suck when your baby’s mouth opens the widest. Your baby is drinking milk during this pause. There should be at least 10-20 minutes in total of this “deep and slow” type of suck at each feed.

You can:

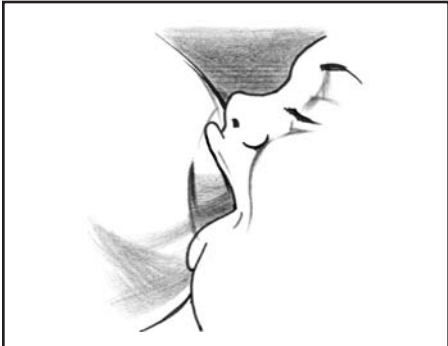
- **feel** your breast being pulled with no pain.
- **hear** your baby swallowing.



Mouth opening.



Pause when mouth is opened the widest. Baby is drinking milk during this pause.



Mouth closing.

2. Wet Diapers and Stools

Baby’s Age	Wet Diapers Each Day	Stools Each Day
one day old	<ul style="list-style-type: none">• At least one wet diaper (a wet diaper feels like at least 2 tablespoons or 30 ml. of water poured on a dry diaper)	<ul style="list-style-type: none">• At least 1-2 sticky dark green/black stools
two days old	<ul style="list-style-type: none">• At least two wet diapers	<ul style="list-style-type: none">• At least 1-2 sticky dark green/black stools
three days old	<ul style="list-style-type: none">• At least three heavy wet diapers (a heavy wet diaper feels like at least 4-5 tablespoons or 60-75 ml. of water poured on a dry diaper)	<ul style="list-style-type: none">• At least 2-3 brown/green/yellow stools
four days old	<ul style="list-style-type: none">• At least four heavy wet diapers	<ul style="list-style-type: none">• At least 2-3 brown/green/yellow stools
five days old	<ul style="list-style-type: none">• At least five heavy wet diapers	<ul style="list-style-type: none">• At least 2-3 stools, getting more yellow
six days old and after	<ul style="list-style-type: none">• At least six heavy wet diapers*At all ages, urine should be clear to pale yellow with almost no smell*	<ul style="list-style-type: none">• At least 2-3 large yellow stools• Stools can be soft like toothpaste or seedy and watery• After one month, some breastfed babies may have one very large yellow stool every 1-7 days. This is normal as long as the stool is soft and the baby is healthy. It is also normal for some breastfed babies to have many stools each day.

How To Tell If Your Baby Is Breastfeeding Well

3. Weight Gain

- Most breastfed babies will lose 5-7% of their birth weight in the first 3-4 days after birth.
- Your baby should then gain at least 4-8 ounces (113-227 grams) a week in the first three months, and at least 3-5 ounces (85-142 grams) a week from 4-6 months.
- Your baby should return to his/her birth weight by 2-3 weeks of age.

4. Other Signs

- Your baby has a loud cry and moves actively.
- Your baby's mouth is wet and pink.
- Your baby's eyes look bright and awake.
- Your baby comes off the breast looking relaxed and sleepy.
- Your breasts feel softer and less full after breastfeeding.

**GET HELP RIGHT AWAY IF YOUR BABY IS NOT SHOWING SIGNS OF
BREASTFEEDING WELL**

General Breast Care

- Wash breasts daily. Try not to use soap on your nipples, especially if they are sore. Soap may dry your nipples and cause them to crack.
- Wear a bra that fits well and is not too tight. Do not wear a bra with underwires.
- After breastfeeding, express some breast milk onto the nipples and the dark area around them to help protect the skin. Let the milk dry before putting on your bra.

Caring For Breasts That Are Hard

1

- If your breasts become hard, your baby may have trouble feeding
- Here are some ways to help soften your breasts:

2



Have a warm shower OR . . .

3



. . . massage your breasts for 10-15 minutes with a warm wet towel.

4



. . . then express some breast milk until the area around your nipple feels soft (see section on "Expressing Breast milk").

5



Then breastfeed your baby. Make sure you breastfeed every 1½-3 hours until your breasts are no longer hard.

6



After feeding, place a cold wet towel on your breasts for comfort and to help decrease swelling.

Get help right away if you:


- cannot soften your breasts or are having problems breastfeeding.
- have a red and painful area on your breast.
- have a fever.
- are feeling sick.

Caring For Nipples That Are Sore

1

- There may be some nipple tenderness in the first week after birth. This should get better each day.
- Breastfeeding should not be painful.
- If you feel nipple pain, check or try the following:


2



Baby is positioned properly:

- baby's head and body are raised up to your breast.
- baby's chest is facing your chest.
- baby's mouth is facing your nipple.

3




Baby is latched on the breast properly:

See baby's mouth opened wide.

See baby's lips curled out.

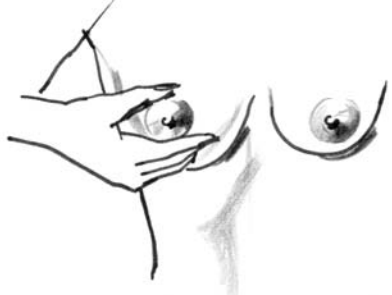
See baby's chin pressed into your breast.

4



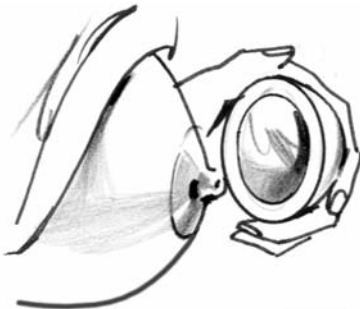
If you want to take baby off your breast, slip your finger into baby's mouth and between the gums to break the suction.

5




After feeding, express some breast milk onto the nipples and the dark area around them. Let the milk dry before putting on your bra.

6




You can wear a breast shell under your bra to help protect the sore nipple from rubbing against your bra.

7



Some creams and ointments may help. Ask someone who knows about breastfeeding for more information.

8



It is best to wait until your baby has learned to breastfeed before giving a bottle or soother. This often happens by 4-6 weeks.

Get help right away if:

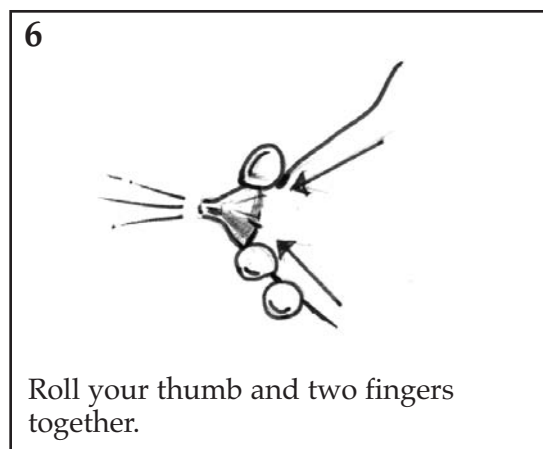
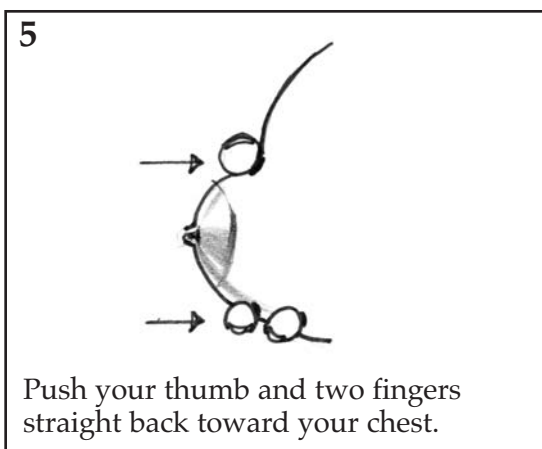
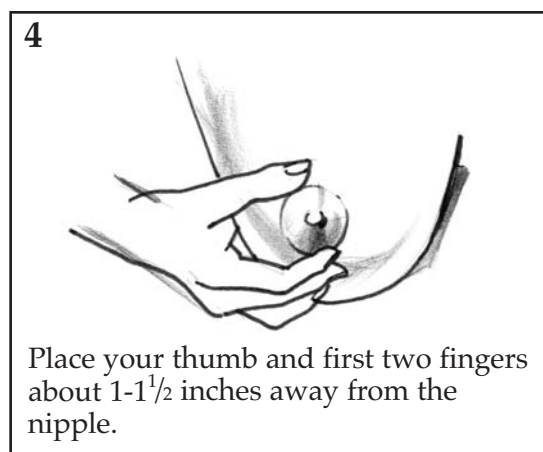
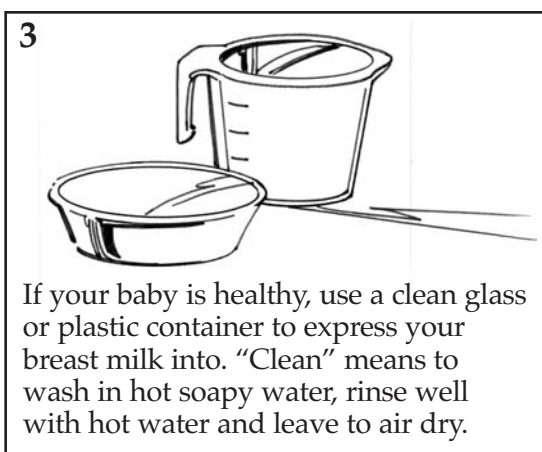
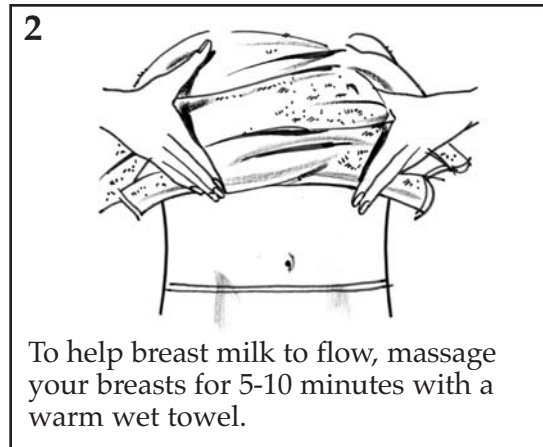
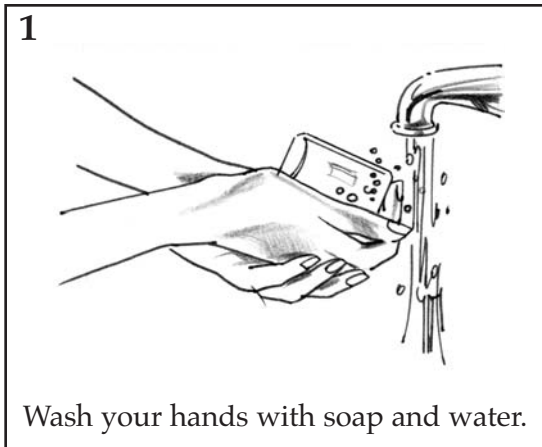
- your nipple is still painful after checking that your baby is positioned and latched on the breast properly.

See the back of this book for places to get help.

You May Need To Express Breast Milk If

- your breasts are too hard for your baby to latch on.
- you want to give your baby breast milk when you are away from your baby.
- you need to increase your breast milk supply.

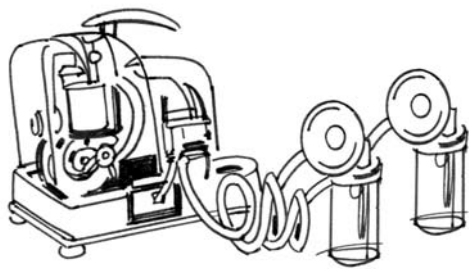
How To Express Breast Milk By Hand



- Repeat steps #4, 5 and 6 until the flow of milk slows down, then switch to the other breast.
- Switch breasts a few more times whenever the flow of milk slows down. Be sure to move your thumb and two fingers along all areas around the nipple.
- Many mothers find it easier to express in the morning, when their breasts feel fullest, or after breastfeeding the baby.
- You may only get a few drops when first learning to express. Expressing breast milk will get better and easier with practice.

Types of Breast Pumps

1



Electric Pump

- Best pump to use if you cannot be with your baby right after birth or if you plan to pump for a long time.
- Can pump both breasts at the same time. This will take less time to pump.
- Is often rented because it costs the most money. Call your local public health office for places that rent this pump (see the back of this book for phone numbers).
- Some work insurance plans may pay for the cost of renting the pump.

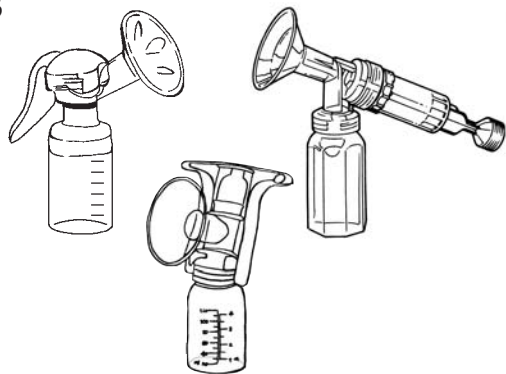
2



Battery Operated Pump

- Good pump to use if you plan to pump for a short time or only once in awhile.
- Can be used with one hand.
- Is easy to carry.
- Need to replace batteries often (it is best to buy one that can also be plugged into an electrical outlet).

3



Manual Hand Pumps

- Good pump to use if you plan to pump for a short time or only once in awhile.
- Some can be used with one hand, and others with two hands (depends on the type of hand pump).
- Is easy to carry.
- Can tire the hands and wrists so it should not be used by mothers with hand, wrist or arm problems.
- Costs the least money.

IMPORTANT!



Do Not Use A Pump With A Rubber Bulb. The suction on this pump is too strong and can damage your nipples.

**FOLLOW THE INSTRUCTIONS THAT COME
WITH THE BREAST PUMP**

Expressing Breast Milk

Storing Breast Milk

Containers For Storing Breast Milk:

- Use glass or hard plastic containers with a tight lid (for example, small jars and bottles with lids).
- Special breast milk freezer bags can also be used.
- Do not use bottle liner bags. These are thinner plastic bags made for bottle feeding.

Cleaning The Containers:

- **For healthy babies**, wash containers in hot soapy water and rinse well with hot water. Let the containers air dry.

Tips For Storing Breast Milk:

- Store in 2-4 ounce portions to prevent wasting milk.
- Always cool freshly expressed milk before adding it to already cooled or frozen milk.
- Always add a smaller amount of cooled milk to frozen milk.
- Leave a one inch space at the top of the container when freezing.
- Frozen breast milk that has been thawed can be kept in the fridge for 24 hours.
- Do not refreeze breast milk once it is thawed.

If your baby is premature (born too early) or in the hospital, speak to your nurse about storing breast milk and sterilizing containers

4

Breast milk can be stored in the following ways:

Freezer of a one door fridge:
two weeks

Fridge:
three days

Freezer of a two door fridge:
2-3 months

Fridge:
three days

Deep freezer:
six months
(-18°C)

IMPORTANT:

- Place containers at the back of the fridge and freezer where it is the coldest.
- After the storage time has passed, throw out the breast milk.

Storing Breast Milk/Thawing Frozen Breast Milk

Thawing Frozen Breast Milk

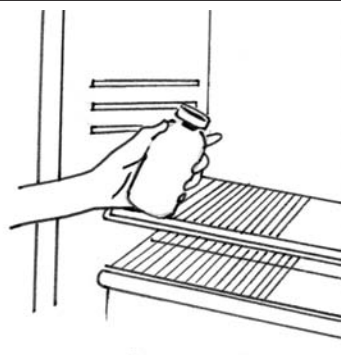
1

Use first



Check the date on the stored breast milk. Use the container with the earliest date first.

2



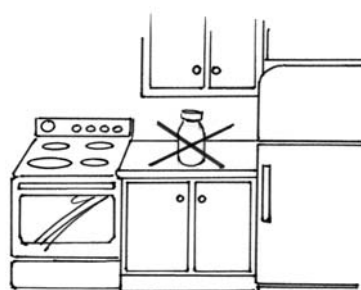
Thaw frozen breast milk by leaving it in the fridge for four hours OR . . .

3



. . . place container under cool running water. Once it has begun to thaw, run warm water to finish thawing.

4



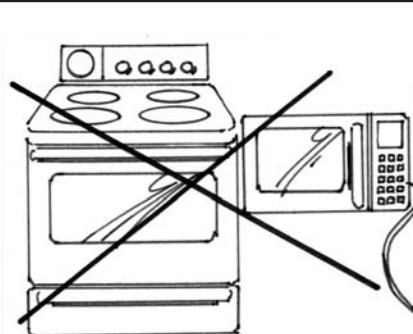
Never thaw at room temperature.

5



Warm breast milk by placing the container in a bowl of very warm water.

6



DO NOT HEAT ON STOVE OR IN MICROWAVE.

Feeding Tips:

- Test the temperature of the warmed breast milk on your wrist before using it.
- Many babies take expressed breast milk well when fed with a cup or spoon.
- Hold your baby when feeding expressed breast milk.
- Make feedings an enjoyable time for you and your baby. Talk to your baby and give lots of smiles.
- Burp your baby as needed.
- Throw away any breast milk that your baby does not drink after each feeding.

1. **Question:** When should I take my baby for a check-up after leaving the hospital?

Answer: Your baby should be seen by a nurse, midwife, lactation consultant or doctor 1-2 days after leaving the hospital. Your baby should then have a second check-up within seven days after birth. This second check-up should be with your doctor.

2. **Question:** When will I start to make breast milk? Will I make enough for my baby?

Answer: In the first few days, your breasts will make a special milk in small amounts called “colostrum”. After 3-5 days, your breasts will feel fuller and begin to make breast milk. More milk will be made when your baby breastfeeds more often and has a good suck. Most mothers have more than enough breast milk to feed their baby.

3. **Question:** What are “growth spurts”?

Answer: These are times when your baby is growing quickly and will need to breastfeed more often. Growth spurts happen at about three weeks, six weeks, three months and six months of age. They will often last for a few days. Your breasts will make enough milk for your baby during these growth spurts.

4. **Question:** What are some signs that my baby is hungry?

Answer: Your baby may have:

- fast eye movements under the eyelids as he/she begins to wake up to feed.
- sucking and licking movements of the mouth.
- putting hands into the mouth.
- stretching and increased body movements.
- making small sounds.

It is best to feed your baby before he/she is too upset and crying loudly.

5. **Question:** Is it normal for my baby to spit up?

Answer: It is common for young babies to spit up after feeding or when being burped. This should not be a problem if your baby is showing signs of drinking enough (see the section on “How To Tell If Your Baby Is Breastfeeding Well”). Many babies will spit up less often at about 4-6 months of age.

6. Question: How long should I breastfeed?

Answer: This is a personal decision. Health Canada and the Canadian Pediatric Society recommend giving only breast milk for the first six months. They support breastfeeding to continue with the introduction of other foods for up to two years or more. Many mothers will breastfeed for longer. There is no “right time” to stop.

7. Question: Should I give my baby vitamins?

Answer: The Canadian Pediatric Society recommends giving all breastfed babies vitamin D drops. Talk to your doctor about this.

8. Question: Is it safe to breastfeed if I am taking medicine or if I am sick?

Answer: In almost all cases, it is safe to continue breastfeeding. Call Motherisk (416) 813-6780, the Breastfeeding Help line or the Healthy Children Info Line for more information.

9. Question: What should I be eating when I am breastfeeding? Are there foods I should not eat?

Answer: Enjoy a variety of foods and follow “Canada’s Food Guide.” You can get a free copy of the food guide by calling your local public health office (see the back of this book for phone numbers). There are no foods you must stay away from. Some foods may affect the baby, but this is not common. Drink whenever you are thirsty.

10. Question: Where can I find help with breastfeeding?

Answer: Look at the back of this book.

Where to Get Breastfeeding Help

Breastfeeding Support and Pump Rental Information

Healthy Children Info Line, Region of Waterloo Public Health	519-883-2245
Grand River Hospital, New Mothers Support Service	519-749-4355
Cambridge Memorial Hospital, New Beginnings Breastfeeding Clinic.	519-621-2333 ext. 4355
Breastfeeding HELP Line (hours of operation: 8 a.m.-4 p.m.)	519-621-2333 ext. 4006
LaLeche League	
Kitchener, Waterloo & Cambridge	800-665-4324
Community Information Centre	519-579-3800
Breastfeeding Buddies Peer Support	519-745-4404 ext. 250
Community Information Centre.....	519-579-3800
Telehealth Ontario	1-866-797-0000
Motherisk.....	416-813-6780
Meet With A Nurse - Early Years Centre,	
Kitchener.....	519-571-1626
Kitchener-Waterloo.....	519-741-8585
Cambridge	519-740-8353

Infant Feeding Rooms

Fairview Park Mall (Sears Infant Wear Department)	519-894-2300 ext. 206
Region of Waterloo Community Health & Social Services Building, Waterloo	519-883-2000
Community Health & Social Services Building, Cambridge.....	519-621-6110
Cambridge Centre Mall (Sears 2-6X Children’s Wear Department)	519-623-2327 ext. 229
Kitchener City Hall	519-741-2286
Waterloo Regional Children's Museum	519-749-9387
Kitchener Downtown Farmer's Market	519-741-2287
Cambridge Family Early Years Centre	519-740-8353
Our Place Family Resource & Early Years Centre	519-571-1626
Waterloo OEYC – YMCA of Kitchener-Waterloo	519-741-8585