

# Breast-feeding



Congratulations on choosing breast-feeding! As medical practitioners we know that this provides the best nutrition, immunity and bonding for your baby and at the same time we also know that there are many who are not successful with breast-feeding. Let's address some of the challenges you will face.

**Sore nipples.** Sore nipples can be the most frustrating challenge for you right at the beginning. If you have this issue, keeping your baby on the breast for such long periods of time will not help you bond with your baby! We get lots of sad frustrated mothers with sore and bleeding nipples simply because the babies are spending too much time on the breast.

So today being **day one** let's have the baby only nurse on each side of the breast for five minutes with each feeding. Your baby will be getting colostrum. It is important to burp the baby while switching breasts. And it's important not to keep the baby on longer! Suckling for longer than that will not give the baby any nutrition as there is no milk yet. It is also not going to bring your milk in any sooner.

**Day two.** Now after doing this for 24 hours, you can have the baby suckle on each breast for 10 minutes. It is important to remember to burp the baby while switching breasts. It's also important to notice your baby's response to you and whether they are having wet diapers. If your milk is slow to come in you may need to do supplementing. A little supplementation will not confuse your baby if you always give the bottle after nursing on the breast. Your baby will learn that after a good session on the breast comes nutrition from the bottle or sooner! And then when your milk comes in your baby will be full from just you and won't need it. In my over 35 years of experience now I am really not seeing nipple confusion, rather I see mothers who give a bottle and would rather just spend a shorter time with the bottle than the extra time it takes with the breast. The hospital gets plenty of free sample formula so please go home with some or get some here.

**Day three.** You may need to have some lanolin ointment around for help strengthening those nipples as you move onto 15 minutes per side. If your nipples are starting to get sore, check to see that your baby is taking a big enough bite. Also make sure that the baby is making an effective suck, as some babies do biting instead of sucking. Whether that's out of boredom or they're not really sure what to do you need to take them off the breast or you will get sore and the baby will get frustrated. This is the day you may notice milk come in, you might see it around the baby's mouth, you might hear the baby swallow more and you'll have a wet shirt! You will need to burp the baby a little more.

**Day four.** Twenty minutes per side. The hormones are starting to come down now and you're probably getting dreadfully tired. Don't forget to nap every time your baby goes to sleep. Don't forget to take help from those that come visit baby so you can get either a task done or a nap while they help with the baby. Take a walk outside it will both help you and the baby. Dress the baby how you would dress. You can tell if the baby's too hot if they're sweaty on the small of their back and you can tell if they're cool if their hands and feet are cool to touch. If your milk is still not in you will need to continue supplementing until it is. You will know your milk is sufficient to feed your baby when you notice six wet diapers a day. Your baby should be gaining weight. When your baby sleeps a little more at night that is also a sign that your baby's getting good nutrition. Please talk to us soon if this is not happening with you and your baby. It is not uncommon for your baby to be feeding every hour or every two hours during the day but then sleep a little more at night.