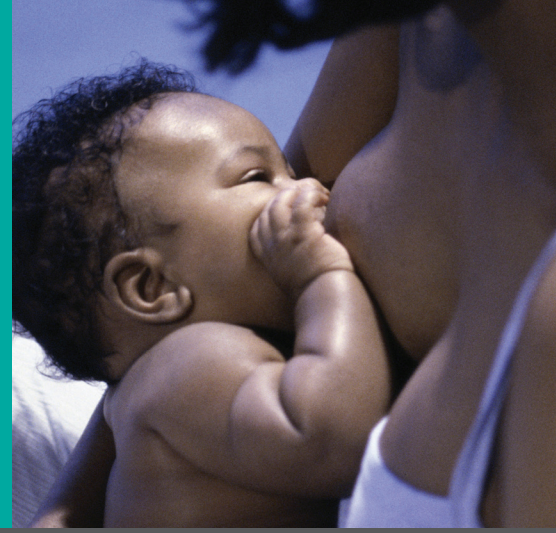


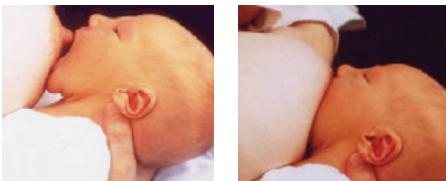
#4: Latch and Positioning

Prenatal Education



Placing your baby's bare body on your chest after birth helps your baby clue into breastfeeding

- 1. When your baby is held close to you, they are able to smell the first milk called colostrum. This milk smells like the amniotic fluid your baby was in before being born.
- 2. Given some time on your chest after birth, your baby may find their way down to your breast and latch on without assistance.



The first three days after birth

- Babies are alert for the first few hours after birth. This is the best time to start breastfeeding.
- After this wakeful period, babies might sleep a lot for the rest of their first day. During the next two days, babies tend to wake up and spend a lot of time at the breast, getting nourishment and building your milk supply.

- Babies can get overstimulated from all of the sights, sounds and activities of their new world. Being held close and at the breast helps babies to be calm and soothed.
- This time of being close and having frequent feeding facilitates bonding and releases hormones that make milk in the mother's body.

How to help your baby latch onto your breast

- Hold your baby close, with baby's tummy facing your tummy.
- Support your baby with a pillow if needed.
- Have one hand support your baby's neck.
- Use your other hand to support the breast if needed.
- First have your baby's chin touch your breast, then have your nipple opposite your baby's nose.
- Tickle the baby's upper lip with your nipple to make their mouth open wide.
- Then bring your baby to your breast quickly.
- Your baby should latch the areola, not just the nipple. This will enable

your baby to get more milk and reduce the likelihood of developing nipple soreness.

- If you feel pain with nursing, your baby may not have enough breast in their mouth.
- Insert your finger between your baby's jaws to break suction, then relatch.

Learn different positions and have the nurses help you with breastfeeding

- You can nurse with the baby across your chest, under your arm, or in a reclined position.
- Laid-back is a great position for breastfeeding. Your baby can feed while you rest!

Learn about breastfeeding and have support

Consider taking a breastfeeding class. Prepare a list of people you can call or talk to that have breastfeeding experience. This can be family, friends, the La Leche League, or your provider's office. The hospital will provide a list of contacts, including lactation consultants that you can call.

Breastfeeding is the gift of a lifetime— A gift that only a mother can give.

Ask for help from the hospital staff

The nurses are specially trained to assist you and your baby in learning to breastfeed. You and your baby learn to breastfeed together.

The first few days

1. **Day of birth:** Place your baby on your chest right after birth, with his or her skin next to your skin. Your baby may crawl to your breast and attach with very little assistance! After the first few hours, baby may be sleepy. Take this time to catch some sleep yourself.
2. **Day one:** Your baby will be more alert and want to nurse often. This time of frequent feeding gives you lots of practice with nursing. Frequent feeding also stimulates your body to produce hormones which trigger milk production.
3. **Day two:** Your baby may want to be at the breast very frequently. Simply feed as often as they want.
4. **Day three:** You may notice your breasts getting fuller and the milk changing to be more fluid in nature. Let your baby end the feeding by falling asleep or detaching by themselves. Let baby finish one breast first, then offer the second breast.

How do I latch my baby to my breast?

Hold your baby close, next to your skin, tummy to tummy. Have his chin pressed into your breast with your nipple just opposite his nose. Tickle your baby's upper lip with

your nipple to make his mouth open wide, like a yawn. Hold your hand behind your baby's neck and shoulders. This will allow your baby to tip his head back so he can open his mouth wider. Use your other hand to support the breast and compress it slightly in the same direction as his lips. This will help your baby get more breast into his mouth. Your baby should latch onto the areola, not just the nipple. This will enable your baby to get more milk. If you feel discomfort or pain with nursing, your baby may not have enough breast in his or her mouth. Insert your finger between his gums to break suction, and then relatch.

Breastfeeding positions

- **Laid-back feeding:** Lean back comfortably (not flat) so that your baby is on your chest with gravity helping to keep him in position. As your baby rests on your abdomen, let his cheek rest near one of your bare breasts. Allow your baby to root and self-attach. Support your breast if necessary.
- **Cross-cradle:** Hold your baby tummy to tummy. Hold your forearm along your baby's back, with your hand supporting your baby's neck and shoulders. Your other hand can support the breast.
- **Football:** Your baby's body is under your arm close to your body and your hand supports his neck and shoulders. Your baby's head is under the breast, looking up at you. Your other hand can support your breast.

- **Side-lying:** You can rest while your baby feeds! Lay on your side, baby tummy to tummy with you. Use your upper arm to support your breast. When your baby's mouth opens wide, press your baby onto the breast with your lower hand between your baby's shoulder blades.

Making milk

- The first milk is colostrum. This milk has been in your breasts since mid-pregnancy. The small quantity matches your baby's stomach size. It is thick and sticky. While your baby is learning to coordinate sucking, swallowing, and breathing, your baby is protected from overfilling or accidentally breathing it in. Colostrum protects your baby from disease. The extra water weight babies are born with provides them with fluids while your colostrum meets all their nutritional needs. Your baby will lose this extra water weight over the next few days.
- Milk production begins as soon as your baby is born. It increases daily in amounts to match your baby's increasing stomach size. Your baby's stomach is very small at birth, about the size of a marble, and your milk is produced in that amount! Each day your baby's stomach expands as more milk is produced. By the time your baby's stomach has expanded, the milk has changed to have more water and volume. This occurs about the third day after your baby is born.