

## BREASTFEEDING BASICS

Congratulations! You are a mom of a beautiful baby! You may be wondering about breastfeeding your new baby and how to start.

Your breast milk contains every nutrient your baby needs in the first six months of life! Experts recommend a mother's breast milk as the best food for all infants, including premature and sick newborns<sup>1</sup>.

Exclusive breastfeeding means that your baby will only receive breast milk for the first 6 months. No water unless directed by your doctor. Solid foods would be added after 6 months while continuing breastfeeding for up to 1 or 2 years.

During the first 2-5 days after birth you will feed your baby **COLOSTRUM**, which is the first food that your baby needs. It is milk that is thick and yellowish. A baby only needs a small amount of colostrum each feeding, so every drop is very important! After your breasts make colostrum, there is a period when your body should start producing larger amounts of milk called transitional milk. Women who are at an unhealthy weight are more likely to have this milk



### Top Five Benefits of Breastfeeding<sup>2-4</sup>:

	Mom	Baby
1. Bonding	✓	✓
2. Lower risk of diabetes	✓	✓
3. Weight loss - burns up to 500 calories/day	✓	
4. Saves about \$1,500 - \$3,000/year on formula and supplies	✓	
5. Lowers risk of obesity		✓

production be delayed until after 72 hours (3 days) after giving birth<sup>5,6</sup>.

Expect 1-2 wet diapers per day and black stools for the first 2 days – this is normal. Look at the Newborn Baby Stool chart to see how many diapers you should be changing each day.




Many newborns lose a few ounces (oz.) of their weight by Day 4 — don't worry, they'll gain it back.<sup>2,3</sup>

### TIPS OF THE WEEK

- Breastfeeding can help you lose weight and keep your baby healthy.
- Your baby only needs about a dropper of colostrum at each feeding during the first 3 days of life.

REMEMBER that the size of your baby's tummy is still very tiny and cannot take in much milk.

### Size of a Newborn's Stomach

			
<b>Day One</b>	<b>Day Three</b>	<b>One Week</b>	<b>One Month</b>
Size of a cherry	Size of a walnut	Size of an apricot	Size of an egg
5-7 mL	22-27 mL	45-60 mL	80-150 mL
½ tsp	¾ - 1 oz	1½ - 2 oz	2½ - 5 oz

**IF YOU NEED BREASTFEEDING HELP, CALL THE HELP LINE: 888-278-6455**

## RESOURCES:

You may be covered for a breast pump and visits with a lactation consultant through your medical insurance plan, WIC, Medi-Cal or the Affordable Care Act.

If you are having trouble breastfeeding, check out the Choose Health LA Moms lessons on *Breastfeeding Frustrations (Week 5)*, *Breastfeeding with Large Breasts, Sore Nipples (Week 8)*, *Plugged Ducts and Engorgement*.



### WIC GUIDE TO BREASTFEEDING:

[www.cdph.ca.gov/programs/wicworks/Documents/BF/WIC-BF-AWICGuideToBreastfeeding.pdf](http://www.cdph.ca.gov/programs/wicworks/Documents/BF/WIC-BF-AWICGuideToBreastfeeding.pdf)

### WOMEN'S HEALTH - LEARNING TO BREASTFEED:

<https://www.womenshealth.gov/breastfeeding/learning-to-breastfeed.html>

### CDC GUIDE TO SUPPORT BREASTFEEDING MOTHERS:

[cdc.gov/breastfeeding/resources/guide.htm](http://cdc.gov/breastfeeding/resources/guide.htm)

### COLOSTRUM – YOUR BABY'S FIRST MEAL:

[healthychildren.org/English/ages-stages/baby/breastfeeding/pages/Colostrum-Your-Babys-First-Meal.aspx](http://healthychildren.org/English/ages-stages/baby/breastfeeding/pages/Colostrum-Your-Babys-First-Meal.aspx)

### LA LECHE LEAGUE – COLOSTRUM:

[lalli.org/faq/colostrum.html](http://lalli.org/faq/colostrum.html)

### VIDEO: BENEFITS OF BREASTFEEDING

<https://www.womenshealth.gov/itsonlynatural/planning-ahead/benefits-of-breastfeeding.html>

### BLOGS:

#### MOM/LACTATION CONSULTANT:

[kellymom.com/parenting/parenting-faq/sling/](http://kellymom.com/parenting/parenting-faq/sling/)

#### LIST OF BREASTFEEDING BLOGS FOR NEW MOMS:

<https://lactationmatters.org/2012/06/19/great-breastfeeding-blogs-to-read/>

### APPS:

#### BABY NURSING / BREASTFEEDING (FREE):

[itunes.apple.com/us/app/baby-nursing-breastfeeding/id420447115](https://itunes.apple.com/us/app/baby-nursing-breastfeeding/id420447115)

Allows you to track your baby's nursing progress, growth, diaper changes.

#### BABY FEEDING LOG (FREE):

[itunes.apple.com/us/app/baby-feeding-log/id412360317?mt=8](https://itunes.apple.com/us/app/baby-feeding-log/id412360317?mt=8)

#### IBABYLOG (FREE):

[itunes.apple.com/us/app/ibabylog-babytracker./id466576348?mt=8](https://itunes.apple.com/us/app/ibabylog-babytracker./id466576348?mt=8)

Tracks baby feeding, diaper changes, sleeping, and other activities.

#### BREASTFEEDING BLOGS WITH SEARCHABLE TOPICS:

[thenewbornbaby.com/breastfeeding-blog/index.html](http://thenewbornbaby.com/breastfeeding-blog/index.html)

[www.analyticalarmadillo.co.uk/](http://www.analyticalarmadillo.co.uk/)

[breastmilk tips.blogspot.com/](http://breastmilk tips.blogspot.com/)



#### LATCHME (FREE):

<https://itunes.apple.com/us/app/latchme-breastfeeding-help/id813106754?mt=8&ign-mpt=uo%3D6>

Get information on the benefits of breastfeeding, find local support, read forums and more.

#### BREASTFEEDING TABULATOR (ANDROID, FREE):

[play.google.com/store/apps/details?id=com.ccwilcox.bft&hl=en](https://play.google.com/store/apps/details?id=com.ccwilcox.bft&hl=en)

Keep track of breast or bottle feedings.

### REFERENCES

1. Breastfeeding – Exclusive Breastfeeding. (2014). World Health Organization. Retrieved from [http://www.who.int/elena/titles/exclusive\\_breastfeeding/en/](http://www.who.int/elena/titles/exclusive_breastfeeding/en/)
2. The American Academy of Pediatrics. (2012). Policy Statement: Breastfeeding and the Use of Human Milk. *Journal of Pediatrics*, 129:3.
3. Kaiser Permanente. (2009). Breastfeeding with Success. SCPMG Regional Health Education. Retrieved from [http://kpmwi.org/wp-content/uploads/2011/12/Breastfeeding-w-Success- Manual\\_Eng.pdf](http://kpmwi.org/wp-content/uploads/2011/12/Breastfeeding-w-Success- Manual_Eng.pdf)
4. Office of Women's Health. (2010). Breastfeeding: Why is Breastfeeding Important? U.S Department of Health and Human Services. Retrieved from <http://www.womenshealth.gov/breastfeeding/why-breastfeeding-is-important/index.html>
5. Anstey, E., Jevitt, C. (2011). Maternal Obesity and Breastfeeding: A Review of the Evidence and Implications for Practice. *Clinical Lactation*, 2-3, 11-16.
6. Nommsen-Rivers, L. A., Chantry, C. J., Pearson, J. M., Cohen, R. J., & Dewey, K. G. (2010). Delayed onset of lactogenesis among first-time mothers is related to maternal obesity and factors associated with ineffective breastfeeding. *American Journal of Clinical Nutrition*, 92(3), 574-584.