

SKIN-TO-SKIN AND LATCHING

Skin-to-Skin has many benefits for both you and your baby's health. It also tells your body to make more milk and helps your baby latch on well. If you are at an unhealthy weight, you may have a more difficult time getting the baby to latch because of your large breasts. When a baby is latched well, he/she will be able to remove milk from the breast much easier¹.



As much as you can in the first few days, lay baby on your bare chest; tummy to tummy, only wearing a diaper. If you had a C-section you can still hold your baby skin to skin or you can have the dad start². Below are the benefits to Skin-to-Skin^{3, 4}:

TIPS OF THE WEEK

- Skin-to-Skin helps with bonding.
- Latching is key to successful breastfeeding!
- If you had a C-section you can still hold your baby skin-to-skin.

HELPS WITH BREASTFEEDING

- Baby is able to breastfeed more often
- Baby can search for the breast on its own
- Baby is able to latch well
- Helps mom start and continue breastfeeding
- Helps release milk from the breast

OTHER BENEFITS OF SKIN-TO-SKIN

- Improves bonding
- Controls baby's breathing and heart rate
- Decreases pain and stress for baby
- Reduces infant crying
- Keeps baby warm

“Latching on” is when your baby takes your nipple and areola (the darker skin around the nipple) into his/her mouth to suckle and feed. Try following the steps below to get your baby to latch on to your breast⁵:

If your newborn is not latching on to the breast within the first few hours or if they are away from you in NICU, you need to begin expressing colostrum^{6,7}. You can either use hand expression or a pump. Every drop you express should be given to your baby by spoon, dropper, or feeding syringe. See the videos below under Resources for demonstrations on hand expression.

Get help. If things are not going well in the first few days such as:

- Baby has lost weight
- Baby is not latching well
- Baby is very sleepy and is not breastfeeding well
- Baby is very fussy while feeding
- Your nipples are very sore, cracked or bleeding



1. Hold your baby toward your body and her nose close to your nipple.



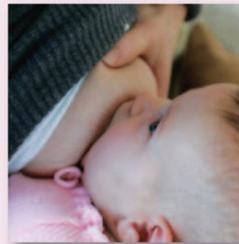
2. Move your baby back an inch or two. Her head should tilt back, and her mouth will open. **It's important for your baby's mouth to open WIDE.**



3. If she doesn't open her mouth, you can touch your nipple to her lips to get her to open up.



4. When she opens her mouth wide, move it onto the nipple by pulling her toward you. This is called “latching on.”



5. Get as much of your areola — the dark area around your nipple — into the baby's mouth as possible.



6. Watch to see if your baby is sucking and swallowing easily.

7. Listen for the sounds of a happy, feeding baby!

NYC Health. New York City Department of Health and Mental Hygiene

Get help from a WIC (Women, Infant and Children) peer counselor or lactation consultant as soon as possible.

The health care law, (Affordable Care Act) requires most health insurance plans to provide breastfeeding equipment and counseling for pregnant and nursing women. Contact your insurance plan for questions about your breastfeeding benefits.

DON'T EXPECT YOU OR YOUR BABY TO BE PERFECT! YOU'LL DO GREAT! PROBLEMS ARE EASIER TO FIX IF LOOKED AT EARLY.

RESOURCES:

Check out the Choose Health LA Moms lessons on *Breastfeeding with Large Breasts* and *Breastfeeding with a C-section*.

WIC GUIDE TO BREASTFEEDING:

www.cdph.ca.gov/programs/wicworks/Documents/BF/WIC-BF-AWICGuideToBreastfeeding.pdf

WOMEN'S HEALTH - LEARNING TO BREASTFEED:

womenshealth.gov/breastfeeding/learning-to-breastfeed/index.html#

IMPORTANCE OF SKIN TO SKIN CONTACT:

nbc.ca/index.php?option=com_content&id=82:the-importance-of-skin-to-skin-contact-&Itemid=17

VIDEO: STEP-BY-STEP BREASTFEEDING LATCH VIDEO!

youtube.com/watch?v=WODL4nYjTto&feature=em-share_video_user

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



BLOGS:

MOM/LACTATION CONSULTANT:

kellymom.com/parenting/parenting-faq/sling/

LIST OF BREASTFEEDING BLOGS FOR NEW MOMS:

nursingschools.net/blog/2010/08/40-great-blogs-for-breastfeeding-moms/

BREASTFEEDING BLOGS WITH SEARCHABLE TOPICS:

thenewbornbaby.com/breastfeeding-blog/index.html

www.analyticalarmadillo.co.uk/

breastmilktips.blogspot.com/