

4 BREASTFEEDING TIPS FOR A NEWBORN

<p>1. WATCHING FOR BABY'S READINESS TO FEED</p>	<ul style="list-style-type: none"> • Early signs: Squirming, rooting, sucking on hand • Middle signs: Fussing, restless, crying off and on • Late signs: Full crying, intense screaming, turning red
<p>2. GETTING COMFORTABLE</p>	<ul style="list-style-type: none"> ✓ Arrange for an atmosphere that is comfortable for you ✓ Ask people to leave if you are not comfortable with them seeing your breasts or if they are not comfortable seeing breastfeeding ✓ Have pillow available so you can be propped-up 30-40 degrees while having your body fully supported. Or used to help support breastfeeding on your side
<p>3. BREASTFEEDING POSITIONS VARIATIONS:</p> <ul style="list-style-type: none"> ❖ CRADLE ❖ SIDE LYING ❖ FOOTBALL HOLD ❖ LAID BACK 	<p>Laid back: In a semi-reclining position, lay your baby on you with her cheeks on your breast, use dominant hand to hold your breast well behind the areola (darker portion of breast). Hold breast like a burger; with hand forming a "c" shape, fingers under the breast, thumb on the top. When your baby's rooting reflex is stimulated by touching your breast she/he will open his/her mouth wide, getting a big mouth full of breast. Baby's lips should be flared out over breast, nose with small space between breast</p>
<p>4. SWITCHING SIDES: To increase/ maintain milk supply a baby should be allowed to breastfeed as long and as often as desired</p>	<p>If baby only feeds 2-5min and then lets go, burp the baby, then latch on the <u>same</u> side. If baby falls asleep comes off breast, then <u>change</u> sides. Switch sides if baby finishes one and is still hungry. If baby only drinks one side in a feeding, start the next feeding on the opposite breast.</p>

- ❖ Feed your baby at the earliest sign of hunger, trying to latch a crying baby to your breast will not be as successful or enjoyable as feeding before this point
- ❖ Give yourself and your baby time. This is all new, even if you've breastfed before; this is the first time for your baby



<https://www.llusa.org/lie-back-and-relax-a-look-at-laid-back-breastfeeding/>

- ❖ Your baby and your body are the best determiners of when to feed, not the clock.