Fact Sheet

FACT SHEET 3.
(CHS_FS_GNA_003)

GETTING STARTED WITH BREASTFEEDING (2)

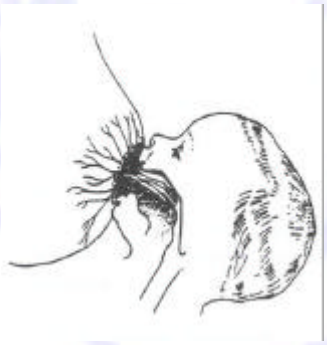
How do I get started?

- Wash your hands prior to feeding.
- Find a comfortable sitting position.
- Hold your unwrapped baby behind the shoulders and neck (not head).
- Hold him/her close with baby's chest against yours.
- When attaching your baby, always bring your baby towards the breast NOT breast to your baby.
- Baby's mouth should be level with your nipple.
- Gently shape your breast pointing the nipple toward baby's nose.
- While keeping your nipple above your baby's top lip, rub the underside of the areola on his/her bottom lip. As baby opens his/her mouth wide, check the tongue is down and bring baby quickly to the breast with his/her chin tucked in well.
- Make sure your nipple and a large amount of the areola (the dark area around the nipple) is inside your baby's mouth.
- Lips and mouth should be open wide. Lips should be flanged out to be sure your baby is attached correctly.
- Remember to cradle your arm around the baby once he/she is comfortably attached.
- Tuck your baby's body in closer to you to widen the gap a little between his/her nose and your breast.
- Correct breast attachment and positioning of your baby are vital to avoid problems.

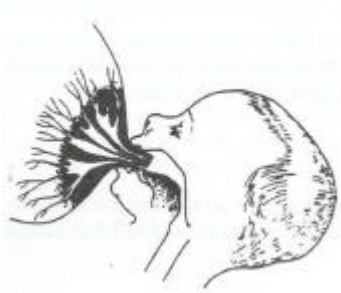
Source: Breastfeeding booklet compiled by the Community Child Health Service of the Royal Children's Hospital and Health Service District.
Last Updated:August 2003
Review Date: August 2006

Fact Sheet

Good and Poor Attachment



Good Attachment



Poor Attachment

Attachment – Outside Appearance

Good Attachment

Poor Attachment

Source: World Health Organisation 'Breastfeeding counselling a training course' 1993 UNICEF New York
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Remember

Painful feeding is an indicator that something may be wrong and you need to seek assistance.

Caution

Nipple shield are a short term intervention. If you are using a nipple shield on discharge from hospital, seek assistance from a breast feeding trained professional within *1-2 weeks.*

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How often should I breast feed my baby

- Breast milk is very easily digested so breastfed babies need to feed often. They usually have 8-10 feeds in 24 hours.
- Your baby will know when he/she is hungry so you can feed to suit your baby's needs. They could be fed more often during their growth spurt.
- Feeding times vary from feed to feed. As babies get older and are able to suck more efficiently, they often have shorter feeds and may sleep longer between feeds.
- Let your baby finish the first breast before offering the second breast. At the next feed, reverse the order.
- It is fine to give your baby an extra feed to settle him/her when needed.
- Try to keep your baby's feeds no longer than 1 hour.

Tips

If your baby feeds longer than 1 hour on a regular basis, it MAY indicate a feeding problem (eg. incorrect attachment).

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