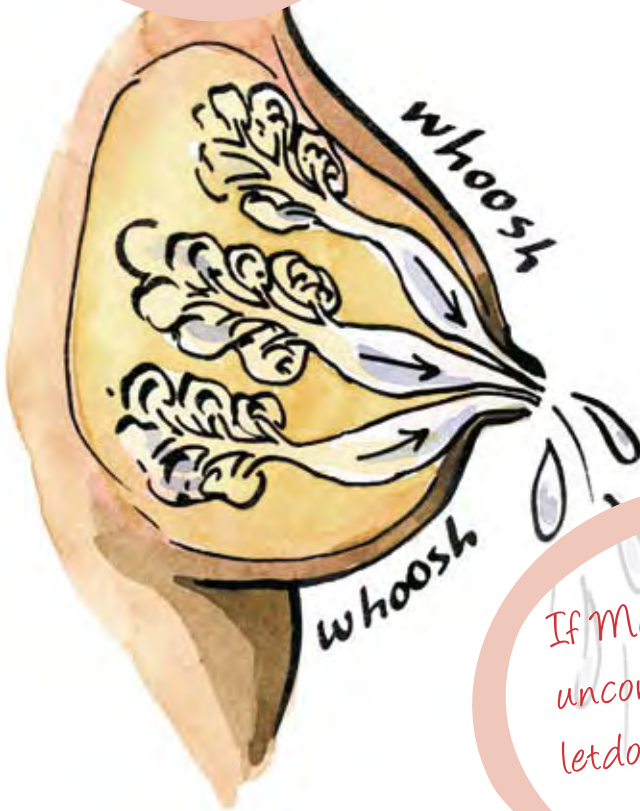


How to Breastfeed



Breastfeeding
is best for both
Baby and
Mum.

Breastmilk is made in small sacs in the breast. Each sac has muscles around them. These muscles squeeze the sacs, forcing the breastmilk out. This is called the letdown reflex.



If Mum is tired or
uncomfortable, her
letdown reflex may
not work.

What to do to help breastmilk letdown

- Gently massage the breast, moving towards the nipple.
- Roll the nipple between thumb and fingers.



- Express a small amount of breastmilk.



- Have a warm shower.
- Relax – get someone to give you a back rub.



Breastfeeding a newborn

Babies will feed eight times a day or more. Don't worry about how long it is since she had her last feed.

Watch Baby to see if she is hungry.



Early signs that Baby is hungry

- Baby moves her head from side to side as if looking for your breast.
- Baby sucks on her fist, fingers or thumbs.
- Baby turns her face into your breast.



Late signs that Baby is hungry

- Moving head frantically from side to side.
- Crying – once Baby is crying it can be hard to get her to feed properly.



Getting Baby onto the breast

- Make yourself comfortable.
- Hold Baby close.
- Support Baby's head and shoulders but do not push on the back of her head.

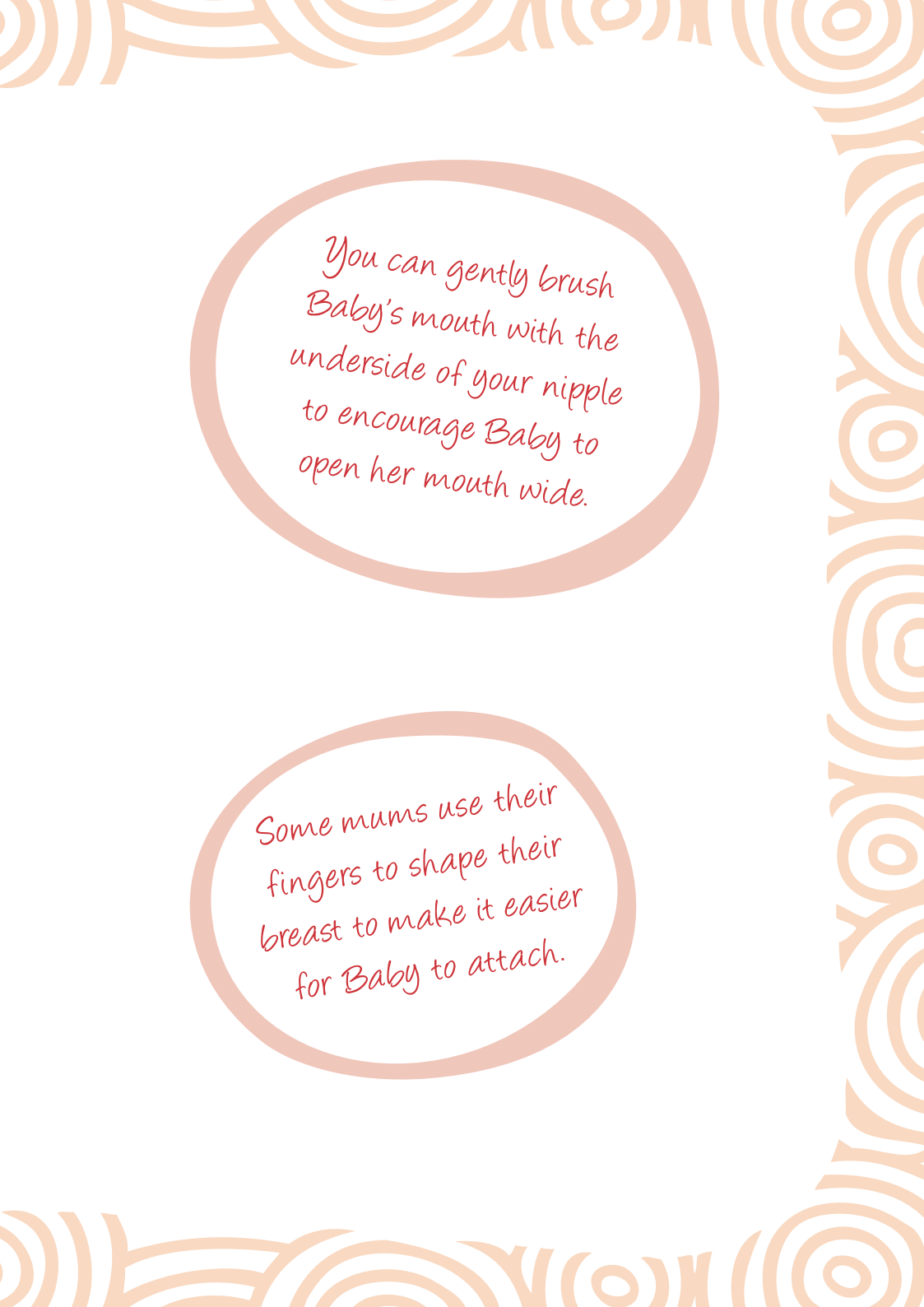




- Baby's head should be tilted back a little.
- Baby should be facing your nipple. Her chest and tummy should also face you with her feet and legs close to your body.
- Baby's mouth should be level with your nipple.

- Let Baby lick and smell the breast if she wants to.
- Expressing a few drops of colostrum can encourage Baby to feed.
- When Baby's mouth is wide open, bring her to the breast.





*You can gently brush
Baby's mouth with the
underside of your nipple
to encourage Baby to
open her mouth wide.*

*Some mums use their
fingers to shape their
breast to make it easier
for Baby to attach.*

- Some babies will have a rest at the breast and then start sucking again.

*Let Baby feed
as long as she
wants to.*



Is Baby on right?

- Her chin is touching the breast and her nose is clear.
- She has a mouth full of breast.
- Lips are flared out, not sucked in.
- Baby's sucking will slow as your milk lets down.
- Your nipples are not sore or squashed.



What to do if breastfeeding hurts

- Take Baby off the breast and try again – put your finger into Baby’s mouth to break the suction.
- Try holding Baby in different ways.



- Put breastmilk on your nipples at the end of a feed – if possible let them air dry.
- If you use breast pads, change them often.

A midwife or lactation consultant can help you to get Baby attached right.



The first milk - colostrum



Colostrum is the first milk and is very important for Baby.

Colostrum gets Baby's digestion working and helps to fight germs.

Colostrum is thick and yellow. After a few days, your breasts will start to make milk.

The milk is thinner and not so yellow.



The more your baby sucks on your breasts, the more milk your breasts will make.

How do you know if Baby is having enough breastmilk?

- Bright eyes
- Moist mouth and tongue
- Usually happy – even though there are some unsettled times
- Pale coloured pee
- Five or more wet nappies every day
- Some weight gain over the month



Growth spurts

- The more you feed Baby, the more breastmilk you make. Your body will not run out of breastmilk, but you will need to feed more often for a few days.

*Breastfed babies
have growth spurts
when Baby will want to
feed a lot more often.
This is normal for a
healthy baby.*

How to make more breastmilk

- Breastfeed as often as Baby will feed.
- Don't use a dummy – let Baby breastfeed for comfort.
- Don't give Baby top-ups with formula or other foods.



The more you breastfeed, the more breastmilk your breasts will make.

Breastmilk is the only food or drink that Baby needs until she is around six months of age.



**Queensland
Government**
Queensland Health

Note: in this pamphlet we talk about Baby as 'she' but all the information in here also applies to boys!

For more information contact your local health worker