



Your Go-To BREASTFEEDING GUIDE

Discover the most important things you need to know about breastfeeding basics, the importance of nutrition, best breastfeeding positions, how to keep track of your baby's intake and more with our guide!

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Tips for Moms

Breastfeeding basics



Get advice

After your baby has arrived, a lactation specialist can offer support by teaching you how to position your baby and how to overcome latching difficulties, and by offering her expert advice on any aspect of nursing. Other breastfeeding moms can also be a great source of support.



Boost your confidence

Breastfeeding techniques that takes time, patience, and practice. There are a few great ways to kick off the breastfeeding process with your baby. While you're pregnant, tell your healthcare team about your plans to breastfeed. They can point you in the direction of a lactation consultant or specialist (your hospital may have one on staff), a support group, or breastfeeding classes that provide skilled guidance and can help you boost your confidence in your breast-feeding skills before your baby arrives.



"NEED SOME
TIPS...?"



Know the signs

One key element to successful breastfeeding is to recognize your baby's signs that she is ready to eat! For example, your baby may display "rooting", turning her head and looking for the breast. When you see this sign, it's time to start nursing. Follow your baby's lead!

How much ?

Though every baby is different, it's helpful to know that 1-month old to 6 month-old babies who are exclusively breastfed will typically take in between 19 and 30 oz of breastmilk a day. If your baby is feeding 8 times a day, she'll typically get around 3 oz per feeding.



Hold off on the pacifier

While getting settled into the routine of breastfeeding, it's important to avoid "nipple confusion" – meaning it's best to avoid offering your baby bottles and pacifiers—until three or four weeks after birth. The sucking reflex needed for a bottle or a pacifier is very different from sucking from the breast. This can lead to difficulties in latching and complicate the breastfeeding process.

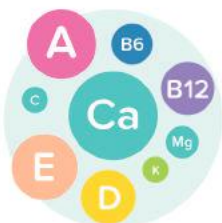


Skin-to-skin contact

Right after birth, your baby needs to be held closely on your chest via skin-to-skin contact, so that the two of you feel connected and bonded. That first hour after birth is crucial to developing your little one's suckling instinct. You'll want to find a breastfeeding position that works well, is convenient for you, and that enables your baby to successfully latch onto your breasts. Getting your baby to latch may involve some trial and error, but be patient—there is no one way to breastfeed.

Frequently Asked Questions

Breastfeeding is a natural process, but one that takes time and practice. Your milk comes in response to your baby's suckling reflex, and these first few days prepare your body to make plenty of milk. Getting your baby to latch may be a challenge at first, but be patient and don't hesitate to ask for help.



HOW DOES BREASTFEEDING BENEFIT MY BABY?

Your breast milk has the right amount of fat, sugar, water, protein, and minerals for baby growth and development. Nursing helps to protect your baby from ear infections, diarrhea, respiratory illnesses, and allergies, and also lowers the risk of SIDS. As your baby grows, your breast milk will adapt to fit your little one's changing nutritional needs.



HOW DO I KNOW MY BABY IS HUNGRY?

When hungry, babies will suck on their hands, flex their fingers, nuzzle against your breast, and cry as a late sign of hunger. When they're full, they'll relax their arms and legs, and close their eyes.



HOW DOES BREASTFEEDING BENEFIT ME?

Women who breastfeed may burn up to 500 extra calories a day, which helps in losing the extra weight gained during pregnancy. The act of breastfeeding releases oxytocin, a hormone that makes the uterus contract, allowing it to return to its normal size more quickly and possibly minimize post-partum bleeding. Research has shown that breastfeeding lowers the risk of developing type 2 diabetes, high blood pressure, heart disease, and certain types of cancer.



WHEN CAN I BEGIN BREASTFEEDING MY BABY?

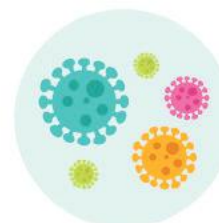
Most newborns are ready to breastfeed an hour after they're born. Engage in "skin-to-skin" contact after your baby is born to trigger your little one's latching reflex.



HOW OFTEN DO I NEED TO NURSE MY BABY?

Your baby's stomach is quite small, and breastmilk leaves their system faster than formula. During the first weeks, you'll likely be breastfeeding around 8-12 times in a given 24-hour period. Each nursing session typically lasts around 10-45 minutes. For you to produce lots of milk, your baby needs to feed early and often.

Your breasts are stimulated to produce more milk by having the colostrum and milk removed by frequent nursing.



IF YOUR BABY IS PRETERM

Breast milk can reduce the risk of many of the short- and long-term health problems that premature infants face.



WHAT IS COLOSTRUM?

Colostrum is the first milk your breasts produce. You may start to notice clear or golden colored fluid leaking from your breasts during your third trimester. Rich in proteins and antibodies, colostrum nourishes your baby during the first few days and protects your newborn from viruses and bacteria; it also helps your little one expel his first stool, called meconium. As your breastmilk transforms from colostrum to mature milk (usually 3-5 days after birth) your baby will wet about 6 diapers/day and have at least 3 bowel movements.



HOW LONG SHOULD I BREASTFEED FOR?

Exclusive breastfeeding is recommended for babies from birth up to 6 months of age by the American Academy of Pediatrics (AAP) and the American College of Obstetricians and Gynecologists (ACOG). Breastfeeding can be continued with complementary foods up to 2 years and beyond.



WHAT IS MASTITIS?

Mastitis is an infection in the breast tissue that commonly affects women who are breast-feeding, due to blocked milk ducts or engorgement.

Common symptoms are wedge-shaped redness, swelling, warmth, and pain.

Mastitis will typically appear in the first 6 to 12 weeks after birth, but can also occur later during breast-feeding. This infection often begins with flu-like symptoms, which may occur several hours before you'll see redness or feel pain.

If you think you have mastitis, you should contact your healthcare provider to determine if a home treatment or antibiotics are needed to clear the infection.

When breastfeeding, avoid tight-fitting bras, change your position from one feeding to the next, and be sure to empty each breast by having your baby nurse on each side.

Frequently Asked Questions



IS BREASTFEEDING PAINFUL?

Some women experience soreness or discomfort early on in breastfeeding. If discomfort persists for more than 30 seconds, try adjusting your baby's position, as he may not be latched on properly. Consult your healthcare provider if pain becomes an issue.



CAN MY BABY USE A PACIFIER?

It is best to wait until your baby is at least 3 or 4 weeks old in order for him to learn how to latch onto the breast well enough and get enough milk.



Nutrition & Breastfeeding

LESS CAFFEINE

Most experts recommend limiting caffeine consumption to less than 200 mg/day, as your little one is highly sensitive to the effects of caffeine. This is equal to a 12-oz cup of coffee. As caffeine is found in teas, sodas, and chocolate, make sure you include these sources in your total for the day.



DRINK WATER

Stay well-hydrated while breastfeeding, and make it a habit to drink a glass of water after each breastfeeding session.

TAKE PRENATAL VITAMINS

Your body will need approximately 450-500 additional calories/day in order to help with milk production. Consult with your healthcare provider to determine if you should continue taking prenatal vitamins while you breastfeed.



EAT FISH

Try to include fish and seafood into your diet 2-3 times/week. These foods are rich in omega-3 fatty acids, which contribute to the growth and development of your baby's brain. Some fish have higher levels of mercury, so avoid tilefish, shark, swordfish, and king mackerel. If you eat tuna, make sure you limit your consumption to 6 oz per week.



MIND ALCOHOL

It's not recommended that you consume alcohol while breastfeeding. If you choose to have an alcoholic beverage, wait two hours before breastfeeding. Bear in mind that alcohol is eliminated from the system via milk in the same way as it is eliminated in the bloodstream. Regularly having more than two alcoholic drinks a day can be harmful to your baby and cause drowsiness, weakness, and abnormal weight gain.

Breastfeeding Positions

Cross Cradle Position



In the same manner as the cradle position, hold your baby so that her tummy is touching yours. Support her in the arm opposite to the side you'll be feeding her on. For example, if you are breastfeeding with your right breast, support your baby with your left arm. Your baby's bottom should remain in the crook of your left elbow, while your left hand supports their head and neck. This position allows for better control over your baby's head. You may or may not need to use pillows to support baby's head. This is a great position for a newborn who is just starting to breastfeed.

Cradle Position



Sit with your back straight and support the lying baby in your arms. Have your baby's body turned to face you, with her tummy touching yours. Support her head in the crook of your elbow so that her face is squarely in front of your breast.

Football Position



Place the baby under your arm as if she were a football. Seat your baby next to you, and at the height of your waist, so that she is directly in front of you. Support her back with your forearm and tilt her head level with your breast. This position is ideal for moms who have had a C-section.

Side Position

Lie on your side and draw your baby near to you. Place your fingers below your breast and raise it up to help your baby latch. This is a great position for night-time feedings, and also for moms who have undergone a C-section, as the weight of the baby is not in contact with the incision. Place the inferior part of your arm forward so that it supports your baby's head. If you wish, place a pillow between your knees to avoid jostling.



Comfort is the ultimate priority

Your little one should be fully latched, with her nose touching your breast. Your baby's mouth should comfortably be latched around your breast, without hurting or pinching.





Wash your hands

Before you start pumping, wash your hands with soap and water and ensure the expression area, bottles, and pump parts are clean.

Pumping your Breast Milk



Use a breast pump

When you are unable to breastfeed your baby directly, you'll need to hand express your milk or use a manual or electric breast pump in order to allow you to continue making milk. Electric pumps may be a good choice when babies have a hard time latching and feeding at the breast. Some models allow you to pump from both breasts at the same time, reducing your pump time.



Freeze the milk

Refrigerate or chill the milk after it's been pumped. If you're freezing it in bottles, leave an inch or so from the milk to the top of the container to allow the milk to expand as it freezes. Once the milk has frozen, you should tighten the bottle cap or lid, and place it in the back of your freezer.



Storing your milk

When storing your breast milk, use hard, BPA-free plastic bottles, glass bottles, or milk storage bags. Be sure to label the recipient with the date you pumped. If you don't use your milk straight away, you can place it in the freezer for future use. Label each container with the date you pumped.



Thawing & warming up stored milk

Use the milk with the oldest storage date first. To thaw frozen milk, place it in the refrigerator overnight, or hold it under running warm water, or set it in a container with warm water. Don't heat the milk in the microwave, since this can damage the milk and potentially burn your little one. Use all thawed breast milk within 24 hours, discarding any leftovers.



Test the temperature

Test the milk's temperature by placing a few drops on your wrist; it should feel comfortably warm but not hot when you do so.



Fresh breast milk storage guidelines

Room



Up to
4 HOURS

Containers should be covered.
Dispose of any milk within 2 hours
after baby has finished feeding.

Refrigerator



Up to
3 DAYS

Store milk in the back
of the refrigerator.

Freezer



Up to
3-6 MONTHS

Store milk in the back of
the freezer where temperatures
are more consistent.

Source: American Academy of Pediatrics



Thawed breast milk storage guidelines

Room



1-2 HOURS is ideal
(Max. 3-4 hours)

Refrigerator



24 HOURS

Freezer



**DO NOT
REFREEZE**

Source: Adapted from 7th Edition American Academy of Pediatrics (AAP) Pediatric Nutrition Handbook (2014); 2nd Edition AAP/American College of Obstetricians and Gynecologists (ACOG) Breastfeeding Handbook for Physicians (2014); Academy of Breastfeeding Medicine (ABM) Clinical Protocol #8 Human Milk Storage Guidelines (2010); CDC Human Milk Storage Guidelines (2015).

Cleaning your Breast Pump



Clean pump

All breast pump parts that come into contact with breastmilk need to be cleaned after each use.



Use soap & warm water

Immediately after pumping, rinse the pieces that came into contact with breast milk in cool water.

No need to buy fancy sterilization equipment; thoroughly cleaning your breast shields, bottles, pump tubing, and valves with dish soap and warm water for 10-15 seconds can do the trick.



Use your dishwasher

Depending on the type of breast pump you have, you may be able to wash certain parts in your dishwasher.



Air Dry

When washing your tubing, hang it up to air dry.

If condensation appears in the tubes after you've pumped, let the pump run for a few minutes until the tubing is dry.



No towels

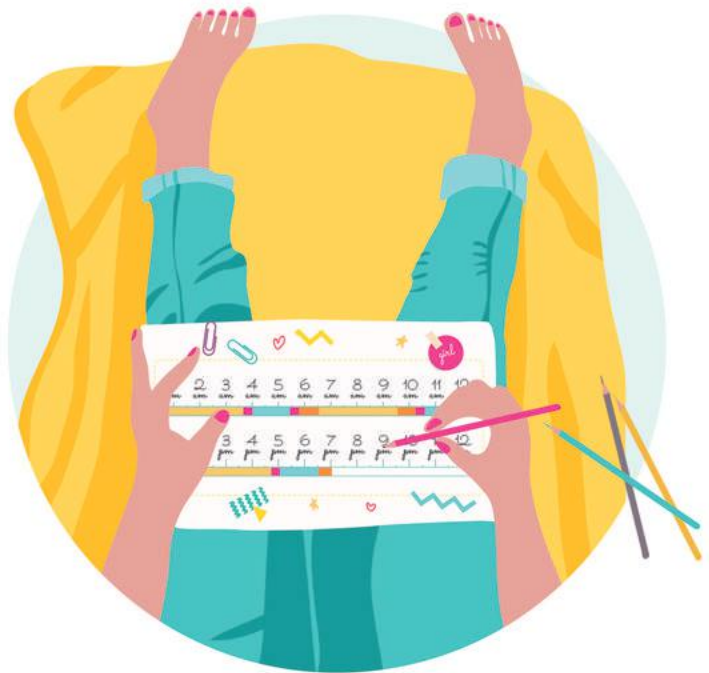
Air drying is the safest technique for drying the pump parts. Don't use cloth towels – these can carry germs and bacteria.

Input / Output Tracker



Jotting down your baby's feedings, plus the number of wet diapers and BM's is a good idea during your baby's early weeks at home.

When you're nursing round-the-clock it can be hard to keep track, so use our handy chart to stay on top of things! Bring this chart to your baby's first doctor's visits.



HOW TO FILL IT OUT:

Enter the date

Choose 4 colorcodes

DATE: 07-12-2018

WAKE

EAT

NAP

DIAPER

1 am 2 am 3 am 4 am 5 am 6 am 7 am 8 am 9 am 10 am 11 am 12 am

1 pm 2 pm 3 pm 4 pm 5 pm 6 pm 7 pm 8 pm 9 pm 10 pm 11 pm 12 pm

TOTAL: 10 FEEDINGS 14 HOURS NAPPED 6 WET DIAPERS 3 BM

Report the events of the day
on the frieze using the color code

You can add in information by hand
(about BM's for example)

Print the next page
and keep track!

Input / Output Tracker

11/11

NAME _____



DATE _____



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TOTAL:

_____ FEEDINGS

_____ HOURS NAPPED

_____ WET DIAPERS

_____ BM



DATE _____



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TOTAL:

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_____ HOURS NAPPED

_____ WET DIAPERS

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TOTAL:

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_____ HOURS NAPPED

_____ WET DIAPERS

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