



# BREASTFEEDING BASICS

#TNBREASTFED

## BREASTFEEDING IS GOING WELL WHEN...

- Your baby is feeding at least 8 to 12 times per 24 hours  
*(Watch the Baby – Not the Clock)*
  - Let the baby breastfeed when hungry
  - Feed at the earliest signs of hunger: hands to mouth, sucking movements, soft cooing, sighing, or stretching
  - Cluster feeding is common: feeding every hour for several feedings and then sleeping for 3-4 hours
  - Crying is a late sign of hunger
  - Avoid pacifiers for the first month!
- The baby has bursts of sucks and swallows (that you can hear) in a row at the beginning of each feeding
  - As your breast softens, the baby slows down to 2-3 sucks and swallows at a time
  - Offer other breast when baby slows
  - Take turns starting feeding on each breast



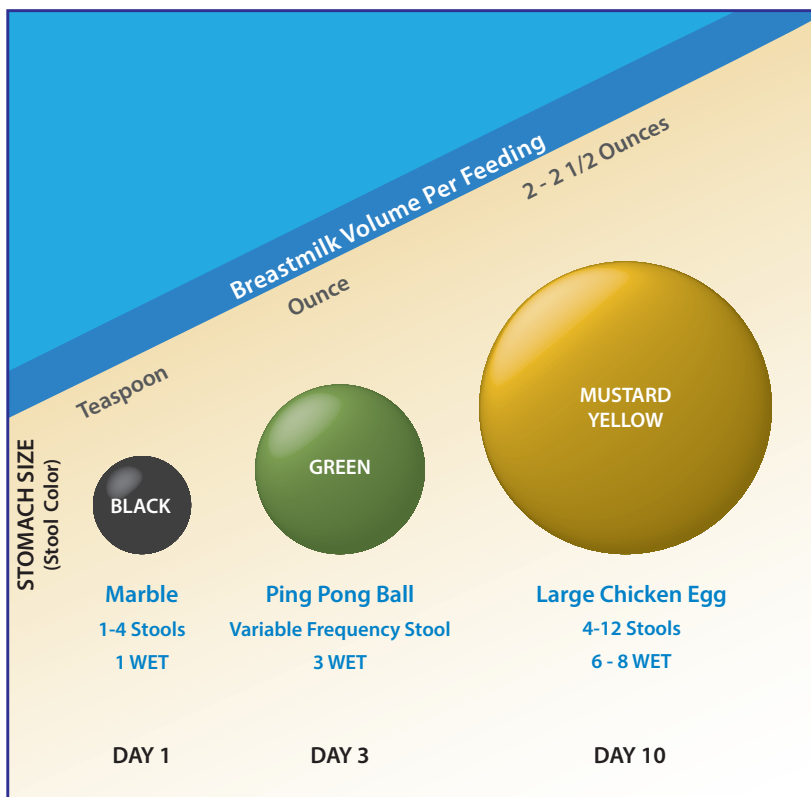
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- You feel a tug, but not pain, when the baby sucks
  - No cracked or bleeding nipples
  - Proper latch prevents pain
    - Lips rolled out like a fish
    - Chin to breast
    - Wide open mouth
    - Tummy to tummy
    - Nose to nipple
- Your baby is not fussy when you finish breastfeeding

## IT IS NORMAL IF...

- You feel sleepy during feedings
- You notice increased vaginal discharge and belly cramping during or after feedings for the first 3-4 days

YOUR BABY WILL START TO GAIN WEIGHT AS YOUR MILK SUPPLY INCREASES (USUALLY ON DAY 3-5) AND WILL GAIN 4-7 OUNCES PER WEEK





photographs by erica.com

Remember that breastfeeding, the baby's latch and milk production are all changing over the first 2 to 3 weeks. Give yourself time to become the expert on your baby's feeding.



### SMARTPHONE APPS

Coffective – A Best Practices Tool for Childbirth and Breastfeeding

### ONLINE VIDEOS FOR BREASTFEEDING HELP

Stanford videos: <http://newborns.stanford.edu/Breastfeeding.index.html>  
(A good latch example, hand expression and increasing milk videos)

### READING MATERIALS

Your Guide to Breastfeeding <http://www.womenshealth.gov>  
New Mother's Guide to Breastfeeding <http://shop.aap.org>

### WEBSITES:

Breastfeeding on American Academy of Pediatric's <http://healthychildren.org>  
Go to "Ages and Stages" tab, "Baby", "Breastfeeding" (warning: formula advertisement)  
It's Only Natural. Mother's Love. Mother's Milk. (lots of handouts and videos)  
<http://www.womenshealth.gov/itsonlynatural/>  
Tennessee Breastfeeding website  
<http://breastfeeding.tn.gov/>

### INFORMATION ON MEDICINES AND BREASTFEEDING

LACTMED Web Site - Information about mother's medicines' impact on a breastfeeding baby  
[www.toxnet.nlm.nih.gov/newtoxnet/lactmed.htm](http://www.toxnet.nlm.nih.gov/newtoxnet/lactmed.htm)  
Infant Risk Center Call Line 806-352-2519

### TENNESSEE LAWS PROTECTING BREASTFEEDING

Tenn. Code Ann. § 68-58-101 et seq. (2006, 2011) permits a mother to breastfeed in any location, public or private, that the mother is authorized to be...  
Tenn. Code Ann. § 50-1-305 (1999) requires employers to provide daily unpaid break time for a mother to express breast milk for her infant child. Employers are also required to make a reasonable effort to provide a private location, other than a toilet stall, in close proximity to the workplace...

## LOCAL RESOURCES

WIC (Women, Infants and Children) offers support services for ALL mothers. This includes prenatal classes, breastfeeding support and counseling. WIC also provides electric pumps based on income and nutritional status.

CHEATHAM CO. HEALTH DEPT: 615-792-4318

DAVIDSON EAST HEALTH CENTER: 615-862-6625 or 862-6629; LENTZ HEALTH CENTER: 615-340-5619; SOUTH NUTRITION: 615-880-3210; WOODBINE HEALTH CENTER: 615-862-7940 or 615-862-7945

ROBERTSON CO. HEALTH DEPT: 615-384-4504

RUTHERFORD CO. HEALTH DEPT: 615-898-7785; NORTH RUTHERFORD CO. HEALTH DEPT: 615-355-6175

PORTLAND CLINIC - SUMNER CO: 615-325-5237; SUMNER CO. HEALTH DEPT: 615-206-1100; SUMNER CO. HENDERSONVILLE: 615-824-0552

WILLIAMSON CO. HEALTH DEPT: 615-794-1542; WILLIAMSON CO. HEALTH DEPT. - FAIRVIEW CLINIC : 615-799-2389

WILSON CO. HEALTH DEPT: 615-444-5325

### Breastfeeding Support Groups:

Nashville Breastfeeding Coalition - for support groups in other counties, prenatal resources, pump rental/purchase, and more <http://www.nashvillebreastfeeding.org/resources-support/>

## CALL FOR HELP IF YOUR BABY...

- Has a dry mouth
- Has red colored urine
- Has yellowish skin
- Stools do not change to yellow and seedy by day 5
- Not enough wet and dirty diapers
- Does not wake to eat at least 8 times/24 hours
- Does not have swallowing you can hear
- Has feedings lasting > 45 minutes
- Is fussy and fights the breast
- Is sleepy and will not feed
- Is losing weight after day 5 or is less than birth weight at 2 weeks

## CALL FOR HELP IF YOU...

- Have pain
- Breasts are still full after feeding
- Milk supply has not increased by day 4

**ALWAYS CALL YOUR PROVIDER IF YOU ARE WORRIED ABOUT BREASTFEEDING.**