Breastfeeding Basics

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

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
SMARTPHONE APPS
Collective – A Best Practices Tool for Childbirth and Breastfeeding

ONLINE VIDEOS FOR BREASTFEEDING HELP
(A good latch example, hand expression and increasing milk videos)

READING MATERIALS
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  
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…

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.

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.

TENNESSEE BREASTFEEDING HOTLINE
855-423-6667

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.
Washington County WIC: 423-975-2200

For Breastfeeding Questions or an Appointment with an IBCLC:
Mountain States Health Alliance Lactation Services 423-431-5432
Wellmont New Mother Services 1-877-230-NURSE
Holsten Valley Birthplace Lactation Center 423-224-6797
Laughlin Memorial Hospital 423-787-5097
Ann Perry, RN, IBCLC, 423-794-5540 (Johnson City Pediatrics only)
Gloria Dudgey, RN, IBCLC, 423-794-5560 (First Choice Pediatrics only)
Katherine Wilson-Thompson IBCLC, 423-646-0205 (Bristol)
Rebecca Powers, MD, IBCLC, 423-547-9355 (Elizabethton)
Sara Reed, IBCLC, 423-737-5794 (Johnson City)
La Leche League of the Mountain Empire http://www.lllmountainempire.org/

Breastfeeding Support Groups:
Elizabethton Breastfeeding Support and Encouragement Group: 423-342-8008
Washington County Mom and Baby Connection: 423-975-2285
Mommy and Me (Johnson City): 423-431-5432
Greenville Health Department: 423-798-1749

Up-to-date information on regional breastfeeding support is available online:
BABE Breastfeeding Coalition www.facebook.com/BABE.Breastfeeding.Coalition
ReadNPlay for a Bright Future www.readnplay.org

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