

GUIDELINES FOR BREASTFEEDING YOUR NEWBORN

Skin-to-skin contact during the first hour post birth and liberally throughout the hospital stay

- ◆ Prevents chilling and crying (both of which lower blood glucose levels)
- ◆ Alerts you to subtle infant feeding cues

Feed your baby frequently to assure a steady supply of calories and glucose.

- ◆ Within 1 hour after birth
- ◆ Once every hour for the next 3 to 4 hours
- ◆ Every 2 to 3 hours until 12 hours of age
- ◆ At least 8-12 times each 24 hours during your hospital stay



Move baby to breast when baby shows feeding behavioral readiness cues. These cues are especially important to use if your baby is sleepy.

- ◆ Sucking movements of the mouth and tongue
- ◆ Rapid eye movements under the eyelids
- ◆ Hand-to-mouth movements
- ◆ Body movements
- ◆ Small sounds

Make sure you know how to tell when your baby is SWALLOWING. This is very important to assure adequate intake both during your hospital stay and once you are home. Some babies latch and suck but do not feed efficiently enough to swallow.

- ◆ Baby's jaw drops and holds for a second
- ◆ You hear a "ca" sound or a puff of air from the nose
- ◆ You feel a drawing action on the areola and see it move towards your baby's mouth
- ◆ You hear the baby swallow
- ◆ You feel the swallow when you place a finger on the baby's throat
- ◆ Your nurse hears the swallow when a stethoscope is placed on the baby's throat
- ◆ If you are uncertain if the baby is swallowing, ask that a pre- and post-feed weight be done to assure that the baby is receiving nourishment

Use alternate massage if your baby doesn't swallow after every 1 to 3 sucks.

- ◆ Massage and squeeze the breast each time she stops between sucks.
- ◆ This helps get more colostrum into her and keeps her sucking longer.

If your baby does not latch or swallow when at the breast or falls asleep quickly then hand express colostrum into a teaspoon or use a syringe, dropper, or small medicine cup to feed this expressed colostrum to your baby.

- ◆ Feed your baby 2-10 mL/feed (1-2 teaspoons) during the first 24 hours, 5-15 mL/feed from 24-48 hours (1-3 teaspoons), 15-30 mL/feed from 48-72 hours (3 teaspoons to 1 ounce or so), and 30-60 mL/feed (1-2 ounces) from 72-96 hours
- ◆ At each feeding attempt it is important that baby receives either your colostrum or banked donor human milk if not enough colostrum is available. Avoid skipped feedings

You can feed your baby drops of colostrum with a feeding syringe between feedings to keep a steady supply of calories and glucose getting into baby.