

LOOK! LISTEN! ACT!

**TRUST
YOUR INSTINCTS.**

**GET HELP RIGHT
AWAY IF
SOMETHING
DOESN'T
SEEM
RIGHT.**



CALL YOUR HEALTHCARE PROVIDER RIGHT AWAY IF:

- Baby does not have a wet diaper for longer than 6 hours
- Urine is dark and smells strong
- Baby is lethargic, limp or docile
- Baby has dry mouth and no tears
- Baby is irritable
- Baby has inconsolable crying
- Baby has a sunken fontanel
- Baby is feverish
- Baby has yellow skin
- Skin when pinched remains tented up

WHERE TO FIND HELP

To locate a lactation consultant:
www.USLCA.org

To find a variety of breastfeeding support services:
www.zipmilk.org

App for 24/7 breastfeeding support:
www.pacify.com

Office on Women's Health Helpline:
800-994-9662

My local number for help:

WIC Offices • La Leche League
State Breastfeeding Coalitions • Baby Cafes
Local breastfeeding support organizations

BREASTFEEDING PROBLEMS CAN HAPPEN!

Know when and where to seek help!

Most breastfeeding mothers find that the early days of nursing a baby is a time of exploring and learning what works best for both mom and baby. With basic instruction and support from your healthcare providers, breastfeeding usually gets off to a good start. However, sometimes mother-nature throws you a curve ball and problems crop up that need attention right away. Learning to recognize these problems and act on them quickly helps you meet your breastfeeding goals and enjoy a satisfying breastfeeding relationship.



CAUSES FOR CONCERN

Make sure you are working with an IBCLC (International Board Certified Lactation Consultant) and contact your IBCLC or other knowledgeable lactation care provider immediately if:

You

- Are a first time mother
- Had a cesarean delivery
- Have a history of low milk supply
- Are diabetic
- Are obese
- Are hypothyroid
- Have polycystic ovary syndrome
- Have tubular or asymmetric breasts
- Took prenatal SSRI medication
- Have sore nipples
- Think you don't have enough milk

Your Baby

- Is preterm or late preterm
- Small or large for gestational age
- Had vacuum extraction
- Lost more than 7% of birth weight
- Cannot be heard or seen to swallow colostrum or milk
- Is a twin or triplet
- Does not latch to the breast
- Has uric acid crystals after day 2
- Is jaundiced (yellow skin or whites of the eyes)
- Cries all the time/never satisfied after feedings
- Takes more than 30 minutes to feed
- Is extremely sleepy

What I need to know

Feed your baby 8-10 times each 24 hours during the early days.

Put a sleepy baby to breast when you see feeding cues...

- Rapid eye movements under eyelids
- Hand-to-mouth movements
- Small sounds
- Sucking movements of mouth
- Body movements

* Massage & compress the breast when baby pauses between sucks.

* Have your lactation consultant/nurse verify that baby is swallowing.

* Make sure you know when baby is swallowing.

* If baby does not latch or nurse well, express your colostrum/milk and 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

* Consult your healthcare provider and LC if more supplementation is needed.