

Time off to “reboot” the baby **And get over breast distress**

For the next few days

- **No attempts to breastfeed at all**

During this time

- **Feed your baby however you have been feeding him/her already, by bottle or _____**
- **Feed your baby whenever s/he awakens, or acts hungry or restless,**
 - about 8 or ___times/24 hrs, or every 2 to 3 hrs or _____ in the daytime
 - more often evenings (“cluster feeding”) can lead to less often at night (4-5 hr stretch)
 - Feed expressed milk and/or formula, about 2 ½ to 4 oz, or, for your baby: _____, or a total of about 25 -30 oz/day or _____oz/day

After feeding

- **Whenever possible, hold your baby after feeding, SOUND ASLEEP**
 - **For *at least* 20-30 minutes, or, when you can, as long as an hour or more,**
 - at least once or twice a day
 - maybe just evenings or during an older child’s naptime
 - could be 3-4 times a day, way more if it’s convenient
 - **Skin against skin on your upper chest, or _____**
 - **This helps the baby with deeper sleep, as well as with digestion and growth.**
 - **This also helps the baby remember that this is where he loves to be**
 - This is HOME: it’s where he feels full and relaxed.
 - This “subliminal learning” while he sleeps now helps so that later, in a few days or next week, learning to breastfeed will be much easier
 - Maybe he dreams about breastfeeding, who knows how it works.
 - **The cozy feeling you get while he sleeps there**
 - is also very restful for you,
 - and even helps increase milk production.
 - **It will be easier to put him down in a deep sleep than in light sleep.**
- **After you put the baby down, pump or hand express your milk, to prepare for the next feeding**
 - *See pumping and hand expression handout.*

Returning to the breast

- **Wait** for probably about _____ days at least. Even then, wait—
- **First times are baby’s idea. You do this “by invitation” only.**
 - You can’t plan or schedule this.
 - It’s an impulsive decision on your part, something just feels right.
 - Baby seems alert, and more “grown up acting” than usual.
 - Maybe making eye contact with you, not buried in his own little world.
 - It’s probably after a feeding, or partway or most of the way thru it.
 - So he’s relaxed and calm, and not over hungry.
 - Baby seems interested, twisting or turning toward breast, or making bobbing or mouthing movements
- **Let baby lead the way.** *See that handout. Like babies in the video*
- **Lounging, “laid back” position can be helpful.**
 - This lets baby support himself, so he’s not falling away from you.
 - And allows baby to move freely and easily.
 - Find the position that lets both you and baby feel comfortable.
- **You can help—your job is to give the baby:**
 - **Physical support:** Snug baby’s body against you, no flailing legs!
 - **Emotional support:** Reassure baby, respond to and talk to your baby, help baby stay calm.
- **Keep the breast a happy place to be.**
- **If baby gets even a little tense,**
 - Calm him/her; talk to him, do anything, to show that you noticed.
 - It’s your immediate intuitive responses that tell him that everything’s ok.
 - It’s important for baby to learn that the breast is safe, that you’ll always respond.
 - So whether the baby takes the breast right away or not, just your responses to him if he’s not in the mood can help him regain comfort in the breast.
- **This is play.**
 - **Don’t “try.” Don’t work at it. Keep it fun and easy.**
- Babies don’t learn well under pressure.
- **Next few times at the breast will probably NOT be all in a row.**
 - Each of the next several times will still be impulsive on your part, more baby’s idea, etc.
 - So not necessarily even once a day, though it could be three all in one day. Random. Doesn’t matter if it’s quick or not. Just when it happens to work out.
- **As his experiences at breast remain low stress,** (because he either goes to the breast easily or you’re stopping as soon as it’s not play), **everything gets easier and easier.**
 - Baby’s no longer tensing at the breast. It’s starting to feel safe to him.
 - At that point you could offer the breast even when the baby’s upset, because now the breast can calm him.
- **Then you’re home free.**