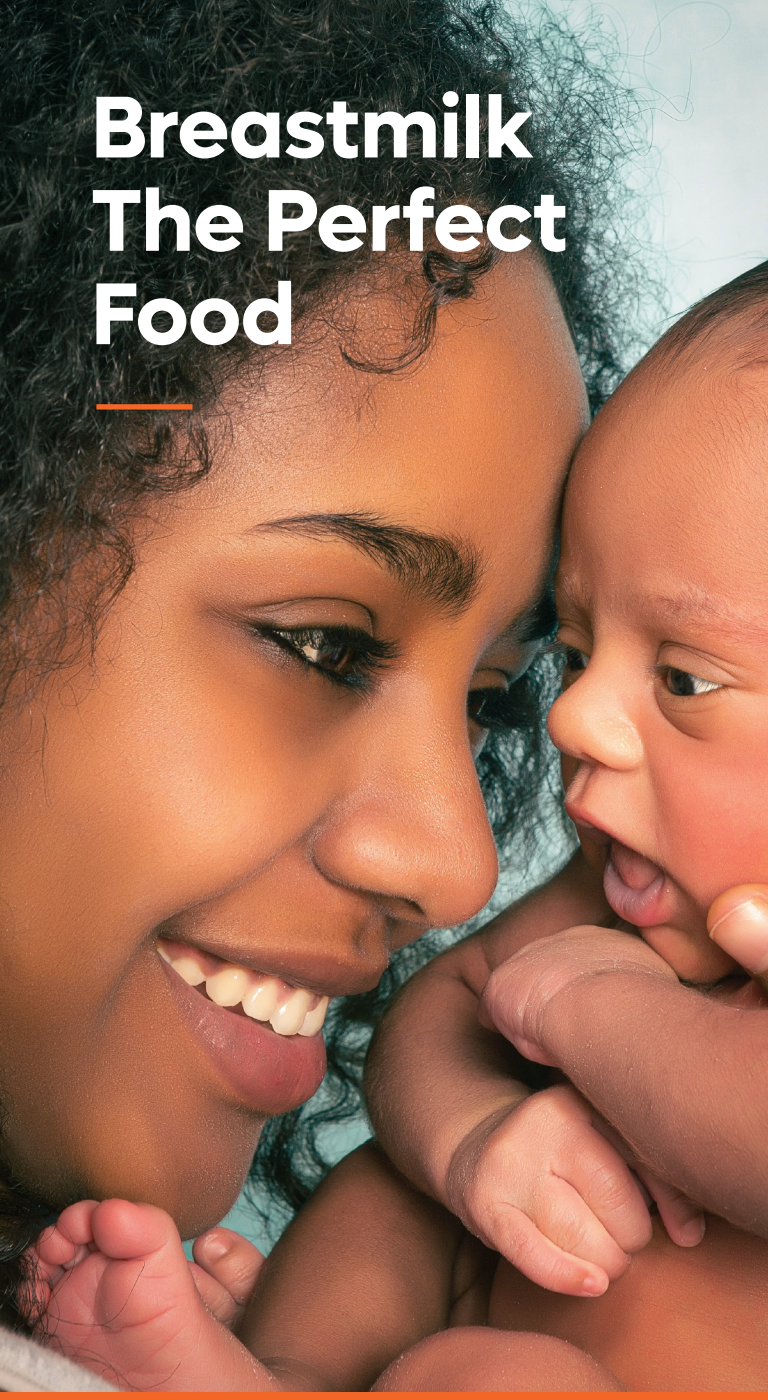


Breastmilk The Perfect Food



ORLANDO
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South Lake
Hospital

At Orlando Health South Lake Hospital, we encourage breastfeeding as the ideal method for feeding and nurturing babies. Our caring team of professionals, including nurses and certified lactation consultants, will help you and your baby get off to a good start.



About Breastfeeding

Your Breast Milk

Breast milk is easy for baby to digest and provides important antibodies to fight diseases. As your baby grows, your breast milk changes and continues to provide essential nutrients and antibodies past one year of life.

- Your early milk (colostrum) is the ideal first food for baby and is rich in protein.
- Breast milk contains more than 200 ingredients designed especially for your baby.

What Is Colostrum?

Colostrum is a clear to yellow substance that can be thin like water or thick like honey. As your baby's first food, colostrum is a superfood high in all of the important nutrients that a baby needs. In small amounts, it's perfect for the newborn's tiny stomach. It protects and coats the baby's stomach and intestines from harm.

Exclusive Breastfeeding

Exclusive breastfeeding means that no other foods or drinks, including formula and water, are given to your baby during this time. At six months, babies can be introduced to complementary foods, but breast milk should remain the primary source of nutrition. The American Academy of Pediatrics (AAP), the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO) recommend that mothers breastfeed for at least the first two years of life.

Breast milk contains more than 200 ingredients designed especially for your baby.

Successful breastfeeding starts with maintaining skin-to-skin contact with your baby.



Risk of Formula Supplementation

You may be concerned your baby is not receiving enough breastmilk. Before giving your baby formula, consider some of the risks of giving formula if there is no **medical reason** to do so. The AAP states that formula supplementation should only be used with the following conditions:

- Documented low blood sugar
- High jaundice level (hyperbilirubinemia)
- Greater than 10 percent weight loss

Some studies suggest just one formula feeding can change a baby's normal intestinal bacterium. This can increase their risk of infection in the digestive tract and can increase their risk for immune problems later in life. Giving your baby anything other than breast milk when breastfeeding can:

- Reduce your milk supply
- Make your baby less content with breastfeeds
- Increase your baby's risk for infection

Medications During and After Birth

There are many options for pain relief during labor. Ask your doctor or midwife about the risks and benefits associated with each pain relief method before making your decision. Not all pain relief methods involve medications. Whether your baby is born vaginally or by C-section, your doctor or midwife may prescribe pain medications for you post-delivery. These medications are safe for you to take while you are breastfeeding your baby.

Breastfeeding Your Baby

Benefits of Breastfeeding

There are many physical and emotional benefits of breastfeeding for both mom and baby:

- Breast milk is always ready and free.
- Breastfed babies have fewer visits to the doctor or hospital with less severe ear, breathing and stomach infections.
- The hormone oxytocin, which is released during nursing, promotes feelings of love and closeness.
- Breastfeeding can help mom lose pregnancy weight.
- Breastfeeding can reduce the risk of premenopausal breast and ovarian cancer in women who breastfeed longer than a year.
- Studies show that breastfeeding also reduces the risk of mom developing diabetes, heart disease and brittle bones later in life.

Early Skin-To-Skin Contact

Successful breastfeeding starts with maintaining uninterrupted skin-to-skin contact with your baby. Immediate skin-to-skin contact will:

- Keep your baby warm
- Help control baby's breathing, blood pressure, heart rate and blood sugar
- Help get breastfeeding off to a good start
- Support bonding with your baby
- Keep mom and baby calm

Rooming with Baby

Parents and babies need as much time together as possible in the early days so they can all adjust to baby's life outside the womb. Pediatricians recommend that mothers and babies sleep in the same room—near each other but not in the same bed.

What are the benefits of rooming together on a 24-hour basis?

- Increased breastmilk production.
- Babies cry less, and parents and babies get more rest.
- You can feed your baby on demand.
- You learn how to care for your baby.
- Your baby recognizes you.
- You recognize baby's feeding cues.
- Babies tend to gain weight faster.

How Often Should You Breastfeed?

Many healthy babies are ready to breastfeed within the first hour of life, regardless of the delivery method. During the first few days of life, your baby should feed at least 8-12 times daily to establish a milk supply. These feedings don't need to be evenly spaced—just keep track of how many times baby has fed within a 24-hour period.

Making breast milk is a demand-and-supply process. If you cannot feed as frequently as you need to in the early days, hand expression and a breast pump will help build and maintain your milk supply.

Tracking Baby's Intake

It's normal to wonder if your baby needs extra milk in the first hours and days of life. Keep a feeding and diaper count to help you track the amount of food your baby receives.

Baby-Led Feeding

Feed your baby whenever your baby shows signs of hunger. This helps:

- Soothe and relax baby
- Prevent breastfeeding complications
- Establish a good milk supply
- Provide baby with the perfect amount to eat

Learning your baby's hunger cues will help you know when he/she is ready to feed.

Hunger Cues

Here are some movements your baby may make to indicate hunger:

- Reaching for the breast while skin-to-skin and chest-to-chest
- Bringing hand to mouth
- Squirming and wiggling

Crying is a late sign that your baby is very hungry. When your baby cries, place baby skin-to-skin to calm him/her. You can also try soothing your baby by rocking him/her before offering the breast.

The Size of an Infant's Stomach



DAY 1

Cherry

5-7 ml

1-1.4 teaspoons



DAY 3

Walnut

22-27 ml

0.75-1 ounce



DAY 7

Strawberry

45-60 ml

1.5-2 ounces



1 MONTH

Lime

80-150 ml

2.7-5 ounces

Breastfeeding Positions

It takes practice to know which breastfeeding position will work best for you and your baby. There are a few different positions to try to see which one feels best for you.

Having a good latch and position with your baby is important for:

- Helping your baby to get enough breast milk
- Making enough milk for your baby
- Preventing nipple pain and damage

Our nurses and lactation consultants are experienced in helping new mothers get comfortable with breastfeeding. Ask for help if you experience any challenges.

Leaning Back

Lying belly-to-belly with baby will help your baby initiate their first feed. Baby may search for your breast – help your baby find it. Laying back is

one of the most natural ways to begin breastfeeding soon after birth.



Cradle Hold

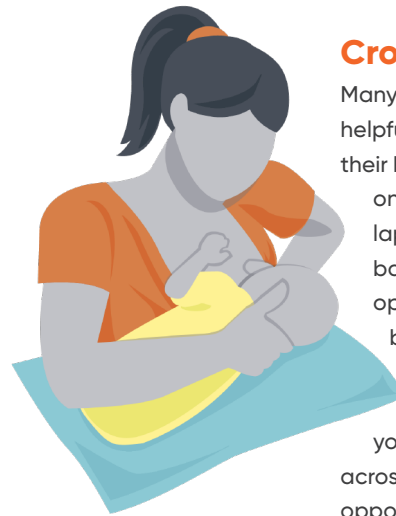
Find a comfortable chair to sit on. Place a pillow on your lap to support your arm. Have your baby face you, tummy-to-tummy. Support baby's head in the bend of your elbow and allow your arm to wrap around and support baby's bottom. If needed, support your breast with your free hand.



Cross-Cradle Hold

Many moms find this position helpful in the beginning when their baby has trouble latching on. Place a pillow on your lap at breast level. Hold the baby's body with the arm opposite the breast your baby is going onto.

Support the baby's head and neck with your hand. Bring your baby across the body to the opposite breast.



Football Hold

Place a pillow on the side of the breast you'll be feeding from. Support your baby's head and neck with your hand while you tuck baby's legs and body under your arm. Use your forearm to support baby's back. Use your free hand to lift and support your breast.



Side-Lying

Once you feel comfortable breastfeeding your baby, you may want to try this restful position. While lying on your side, place one pillow under your head for support and another behind your back. It's also helpful to place a pillow between your knees. Cuddle your baby, tummy-to-tummy, next to you. Use your free hand to guide and support your baby onto your breast.



For a video guide to breastfeeding positions, please visit: WinniePalmerHospital.com/Breastfeeding

Positioning Tips:

- Place your baby skin-to-skin with you.
- Hold your baby very close, touching your body.
- Always support baby's entire back and neck.
- Avoid pushing on the back of the head.
- Support baby in a position that will keep the ear, shoulder and hips in a straight line.
- When baby's mouth opens wide, quickly bring baby onto your breast to latch.

Signs of Successful Breastfeeding:

- No to minimal discomfort while baby is on your breast.
- Baby breastfeeds with a steady sucking and swallowing.
- Your breasts soften during a feed.
- Baby is content after feeding.
- Baby has adequate pees and poops that change from dark greenish black to seedy yellow.



Diaper Change Tracking

Keep track of the number of times anyone changes a wet or poopy diaper. This will help your care providers and you know that your baby is eating enough. If your baby has more diaper changes than the numbers below, it is okay.

If it is less, let your baby's doctor know right away.

Your Baby's Age	Number of Feedings On average over 24 hours	Number of Wet Diapers On average over 24 hours	Number of Soiled Diapers On average over 24 hours
1 Day	8 Times or more per day	At least 1 wet ○	At least 1 to 2 black or dark green ● ●
2 Days		At least 2 wet ○ ○	● ●
3 Days		At least 3 wet ○ ○ ○	At least 3 black, green or yellow ● ● ●
4 Days		At least 4 wet ○ ○ ○ ○	● ● ● ●
5 Days		At least 6 heavy, wet with pale yellow or clear urine ○ ○ ○ ○ ○ ○	At least 3 large, soft and seedy yellow ● ● ●
6 Days			
7 Days			
2 Weeks			
3 Weeks		○ ○ ○ ○ ○ ○	● ● ●

When to Ask for Help

Call our free breastfeeding helpline at (352) 394-4071, ext. 4380 if you have any of the following challenges.

We are here to help!

- Your baby eats less than eight times in 24 hours (after the third day).
- Your baby is too sleepy to wake for feeds (after day two).
- Feeding is painful.
- Baby never seems satisfied.
- Feedings last longer than one hour.
- Your baby is not gaining weight after day five.
- Baby has trouble attaching and staying latched.

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To learn more, visit SouthLakeHospital.com

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