



Breastfeeding

MILK IS MEDICINE

Breastfeeding reminds us of the universal truth of abundance; the more we give out, the more we are filled up. And that divine nourishment – the source from which we all draw, is like a mother's breast, ever full and ever flowing.

–Sarah Buckley



LATCH

Latch may be sensitive, but should not be painful. Look for signs such as wide open mouth, ears moving back and forth, and sounds of swallowing.

POSITION

A good position is truly a lifesaver. Experiment with what works for you. C-Section mommas may benefit from trying different holds.





FREQUENCY

Breastfed babies typically do not eat on a schedule like bottle-fed babies do. They nurse on-demand, meaning, any time they are hungry.

DURATION

Baby should be allowed to nurse for as long as they wish each time. Each session will vary in length. Babies often nurse more in the evening hours.



Cluster feeding: When a baby nurses frequently and for many minutes, sometimes hours at a time. It's totally normal and helpful for both mom and baby!



DO I HAVE ENOUGH MILK?

Breastfeeding is all about supply and demand. The more frequently, and longer, your baby nurses, the more milk you will make.



HOW CAN I MAKE SURE THAT I HAVE ENOUGH MILK?

Nurse your baby as soon as they show signs of hunger. Get enough rest, nourishing food, and hydration for yourself. Relax and let the love hormones flow.



SIGNS TO WATCH FOR

- Baby looks satisfied and "milk drunk" after nursing
- Baby urinates and stools frequently each day/night
- Baby gains weight



POSTPARTUM BREAST CARE

- Do not use soap on your breasts
- Fresh air is the best medicine for your breasts – not all breast creams are created equally
- Avoid wearing bras as much as possible – choose wireless if you must wear a bra
- Keep baby skin to skin on your chest as much as possible



Preemies

NEED MILK, TOO!

Pumped or donated milk is a life saving medicine for babies born prematurely. Milk can be given in the NICU. Preemies may have a weak suck reflex, but can be fed milk on a spoon, clean finger, or special medical syringe.

Professional lactation support can help you establish a good latch and protect your milk supply.

Pumping Sucks

BENEFITS OF PUMPING

Protects milk supply if mom must separate from baby. Provides milk to preemies or sick babies. Allows mom to return to work (financial security). Moms feel connected to their babies when they're back at work.

COMMON CHALLENGES

Can be painful at first. Pumping tricks you into thinking you don't have enough milk. You can feel like you didn't "succeed" at breastfeeding.

DON'T GIVE UP!

Pumping milk is an expression of pure love.



Starting Solids

IS YOUR BABY READY?

- 6 months of age or older?
- Sitting mostly unassisted?
- Brings objects to mouth?
- Interested in food?
- Palmer versus pincer grip?
- Lost tongue-thrust?



80–100%

OF NATIVE MOMS
INITIATE BREASTFEEDING

Numerous barriers prevent women from reaching their breastfeeding goals. How can we help the families in our community?