

# How to Breastfeed

## Getting Your Baby On

1. Find a comfortable position. Make yourself comfortable so you can relax.
2. To start, place your baby on his/her side facing your, tummy to tummy. Use pillows to help support your back and arms. Also, try different positions (see pictures).
3. Support your breast with your fingers underneath and thumb on top of the breast. Make sure all of your fingers are away from the areola.



4. Gently tickle your baby's lower lip with your nipple. When your baby has his/her mouth opened WIDE, quickly bring your baby onto your breast. Your baby needs to take the whole nipple and about 1 inch of your breast into his/her mouth.
5. The baby's nose and chin should touch your breast. Always check that the baby's bottom lip curls out. If doesn't, pull down on the chin.
6. Remember, breastfeeding shouldn't hurt. If you have pain during a feeding, take your baby off the breast. Do this by skipping your little finger into the corner of your baby's mouth between the gums to break the suction. Take your baby off the breast. Then try again.



## How To Know Your Baby Is Getting Enough

### In the first few days

- Nurse your baby every 2-3 hours or whenever your baby is hungry
- Baby should have at least 2-4 wet diapers per day
- Baby's stool will change over the first 2-5 days of life from a dark green, tarry stool to lighter green to breastmilk stools (yellow, loose, seedy).

### After the first week

- Nurse at least 8-12 times in 24 hours or whenever your baby is hungry.
- The baby will have about 6-8 wet diapers and at least 2 bowel movements each day.
- Listen to be sure that you can hear your baby swallow while breastfeeding
- Baby is alert, active and gaining weight.

## Burping

Pat your baby's back gently to help your baby burp. The father or other family members can also help. Some babies may not burp after every feeding.

## Waking Up Sleepy Baby

In the first few days, you might need to wake your baby for some feedings. You can try to wake your baby by unwrapping him/her and change his/her diaper, pat his/her feet and wiggle the legs gently, rub baby's back or wash baby's face with a cool cloth.



For additional information, please contact

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