

GUIDELINES FOR BREASTFEEDING WOMEN
(Contact your doctor if you do not see the following)

- 0-8 HOURS:** You may be able to express a few drops of milk. Baby is usually wide-awake in the first hour of life. Put baby to breast within ½ hour of birth. Baby may go into a deep sleep 2-4 hr after birth. Baby will wake up and be alert and responsive for several more hours after the initial deep sleep.
- 8-24 hours:** Wake your baby. Babies may not wake up on their own to feed. Feed your baby every 1½ - 3 hours, as often as wanted. Nurse at both breasts as long as baby is actively suckling and mother is comfortable. Baby must have at least one wet diaper and a black-green stool (meconium) in the first 24 hours.
- Day 2** Milk should come in between the 2nd and 4th day. Baby should be more cooperative and less sleepy. Feeding's should be at least 8–10 times per day. Try to nurse on both sides at each feeding. Aim for 10–15 min on each side. Expect some nipple tenderness. Baby should have 2-3 wet diapers. Baby will still be having meconium stool.
- Day 3** Look for early feeding cues – rooting, lip smacking, hands to face. Begin to hear baby swallow while nursing. 3-4 wet diapers per day and stools beginning to change to golden yellow.
- Day 4** Consider hand-expressing-milk to soften nipple if the nipple is too firm for the baby to latch on. Nurse at least 10-15 min on each side every 1-3 hours in the daytime for the first few months of life. The baby will usually have one 4-5 hour sleep in 24 hours – you want it after 10 PM. Act differently in the day than in the night. In the day it's light, noisy, stimulating, and fun. At night it is dark, quiet, and boring. Babies understand your nonverbal communication, we play in the day and we sleep in the night. Do not lead your baby to expect that night is exactly the same as the day or you will soon suffer more sleep deprivation than is necessary. You won't feel as well as you could and you won't have as much milk as you might otherwise have. This is a love relationship between the two of you. If you raise the baby's expectations and then change the rules, the baby will be disappointed.
- Day 5** Milk should be in. Breast may be firm or leak milk. Baby should have 6-8 wet diapers per day. Urine should not be overly concentrated. Baby should have 3-4 yellow, seedy stools per day.
- Day 6** Breast should feel softer after nursing than before. Baby should appear satisfied after feedings. Mother's nipple tenderness is improved. Baby will have gradually increasing stools.
- Day 14** Begin giving 1 oz of something (breast milk or formula) from a bottle 3 times per week from now on so that the baby does not refuse all bottles after 1 mos of age. This is a fun activity for the father who has to be quite persistent and inventive to get any time at all with his breastfeeding newborn. The pleasure and long-term bonding to be derived from this contact with his baby makes it well worth the effort for the father. Babies would like to be in your arms 24 hours a day. This is not realistic for the mother. You need to eat, shower, sleep, etc. In the first week, get your baby used to falling asleep on his/her own. If the baby has fallen asleep in your arms after feeding, wake him just a little and then put him/her into his/her own bed. If the baby fusses, stand there and soothe the baby by patting him/her and saying "Night, Night" or some such phrase until the baby falls asleep. The baby can hear your soothing voice and feel your patting but is still in his/her own bed and learning how to put him/herself to sleep.