

Name of Child: _____ Date: _____

Breastfeeding Tips

Breastfeeding is beneficial for both you and your baby. This handout includes several tips to help you with breastfeeding:

- help your baby latch on
- getting enough milk
- keep getting milk
- help for sore nipples
- using bottles of breastmilk
- and other general tips.

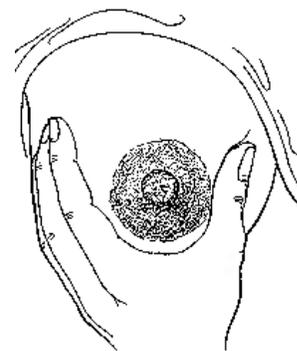
If you need more help, ask your doctor or lactation consultant.



**Take your time nursing.
Put your feet up, relax, enjoy
and cuddle your baby.**

To help your baby latch on:

- Gently squeeze some milk out of your breast with your hand before you put your baby to your breast. Your baby will taste it right away, and want to suck.

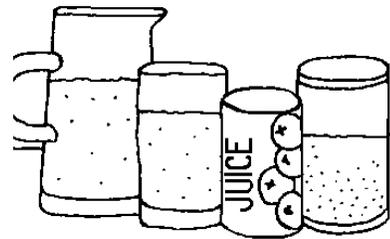


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- When your baby is sucking, the chin should be touching your breast and the nose should not be touching. If your breasts are large and your baby's nose does touch, use your finger to press into your breast above your baby's nose to help your baby breathe. To move your baby's nose out from your breast, pull his or her bottom closer to your body.
- If your baby falls asleep before he or she is done nursing, gently wake your baby up. You may move his or her feet, or burp your baby. If your baby stays asleep, you may need to express your milk from that breast, so you'll keep making milk.
- If your baby seems to not like one breast, start nursing on that side first when your baby is calm, awake, and hungry.
- When your baby looks for something to suck on, it is an early sign that he or she is hungry. Crying babies are not as patient. In time, your baby will learn to like both breasts.

To get enough breastmilk:

- Drink eight 8-ounce glasses of liquids every day, such as water, milk, and juice.
- Eat a well-balanced diet, including five fresh fruits and vegetables every day. Do not eat many snacks and desserts that have a lot of sugar and fat. They fill you up so you will not have room for healthy foods.



Drink plenty of liquids every day, such as water, milk and juice.

- The best way to get your body to make more milk is with baby sucking. For the first few weeks, nurse your baby 8 to 12 times every 24 hours.
- Start feeding with the breast that you left off with at the last feeding. If last time you did the right breast, then left, then this time do the left breast first, then right.
- When the baby stops nursing on one breast, switch to the other side. It is best if the baby is on the first breast for 8 to 10 minutes.

- Watch your baby for cues that he or she is done nursing. Do not focus on watching the clock.
- Some babies nurse more frequently than others. Do not be discouraged if your baby needs to nurse frequently.
- After your baby gets enough milk, he or she may just need to suck for a while.

To keep getting breastmilk:

- Nurse your baby every time he or she wants to suck. The more often your baby nurses, the more milk you make.
- Drink plenty of liquids every day, such as water, milk, and juice.
- Offer your baby the second breast at each feeding. Sometimes your baby will take it, sometimes your baby may not.
- Eat a well-balanced diet, including five fresh fruits and vegetables every day.
- Get enough rest. Take a nap when your baby naps.
- Take your time nursing. Put your feet up, relax, enjoy and cuddle your baby. If you try to make your baby nurse in a hurry, you might make less milk.
- To make more breastmilk, nurse more often.



**To make more breastmilk,
nurse more often.**

Help for sore nipples:

- Make sure to wash your hands with soap and water for 15-30 seconds before touching your sore nipples.
- If your nipples are tender, expose them to air. Wear a blouse that is soft and loose.
- Soap can dry your nipples and may make them crack. Wash your nipples with clear water. Put breastmilk on your nipples and let them air dry.
- Use a mild ointment. A thin layer of pure lanolin can be left on while your baby nurses. (Lanolin is made from sheep's wool, so do not use it if you are allergic to wool.) If you want to use something else, ask your doctor or lactation consultant first.
- Do not use bra pads that are coated with plastic. Plastic keeps air out and moisture in, which can make your nipples more sore.
- It is easier on your nipples to nurse every 2 to 3 hours, than to nurse every 4 to 5 hours. If you wait too long, your breasts will get too full and your baby will be so hungry he or she will suck harder.
- If your baby has a mouth infection, called **thrush**, it can make your nipples sore. If you see white patches in your baby's mouth, call your doctor for medicine. Thrush is a common infection, and not serious. Both mom and baby should be treated.
- Your nipples may be tender for the first minute or two of nursing. They may be tender for the first week. If your nipples are sore after the first week of nursing, tell your doctor or your lactation consultant.
- Breastfeeding should not be painful. Nipples should not be bleeding or have blisters. If either of these are happening, ask to see your doctor or lactation consultant.

Using bottles of breastmilk:

- If you will ever be away from your baby at nursing time, you will need to pump your milk so your baby can take it from a bottle. It is best if you wait until your baby is 3 weeks old and feeding well at the breast before you offer a bottle.
- Before you collect breastmilk, wash your hands with soap and water for 15-30 seconds.
- Store breastmilk in plastic containers.
- Freeze only 2 or 3 ounces in a container. If your baby is hungry, you can always use more than one bottle.
- Thawed breastmilk can be kept in the refrigerator for 24 hours. If thawed breastmilk has been in the refrigerator for more than 24 hours, throw it out. Once breastmilk thaws, it is not safe to freeze again. If the breastmilk is still very icy (50% or more), you may put it back in the freezer.
- Thaw frozen breastmilk in the refrigerator overnight or in warm water from your sink. Make sure water cannot get into the breastmilk. Do not use hot water or water that has been warmed in the microwave.
- Never microwave breastmilk. Microwaved milk can easily burn a baby's mouth. Microwaves do not heat liquids up evenly, so part of it can be cool while another part in the same bottle can be very hot. Milk can also lose some healthful qualities when it is microwaved.
- Fresh pumped breastmilk is safe at room temperature for 4 hours if your baby has not drunk from the bottle. If your baby does drink from the bottle, it is good for 1 hour from the time your baby starts to drink it. Throw away any milk your baby does not take.



Fresh pumped breastmilk is safe at room temperature for 4 hours.

Other tips:

- Your baby should have two or more stools a day. Your baby's stool should go from black to green to yellow within 5 days. Babies older than 6 weeks old may have fewer stools. They may only have a bowel movement once every 5 days. If the stool is loose, they are not constipated.
- On a baby's third day of life, he or she should have 3 wet diapers.
- By the time your baby is 6 days old, he or she should have 6 or more wet diapers each day.
- Breastmilk is perfect for your baby. A normal, healthy, full term baby who is breastfed does not need solids or other extras until about 6 months of age. (Some of your friends and relatives may not know this, and may tell you breastmilk is not enough for your baby. Smile, nod, be nice to them, and breastfeed your baby anyway.)
- You will make less milk if you smoke cigarettes. This is caused by the nicotine in the cigarettes. It is best if you do not smoke at all. If you have to smoke, smoke less than 7 cigarettes a day. Smoke after feeding or pumping milk for your baby.
- Alcohol that you drink goes into your breastmilk. You should pump before you drink alcohol. It takes several hours for the alcohol to leave your body, and then it will not be in your milk. It is best not to drink. If you do, drink only a small amount and pump your milk after drinking. Throw out that milk. If you need to drink more than a small amount, tell your nurse or doctor. You should not give your baby breastmilk that has alcohol in it.
- For your baby's safety, you cannot use illegal drugs and feed your baby your breastmilk. If you used illegal drugs any time during your pregnancy, even if you are not using drugs now, your milk may be tested before it is given to your baby.



Breastmilk is perfect for your baby.

- If you are taking marijuana for medical purposes, you should not breast feed your baby.
- Medicine your doctor prescribes for you may be safe, but some are not safe for breastfeeding. Tell your nurse, doctor, or lactation consultant what medicine you are taking before your baby gets your breastmilk.

If you want to learn more about breastfeeding, ask your nurse or doctor for any of these handouts:

- Breastfeeding Your Baby (354)
- What to Eat When You Breastfeed (490)
- How to Use the Breast Pump (60)
- How to Make More Breastmilk (913)
- How to Store Breastmilk (339)
- Is Your Breastfed Baby Getting Enough to Eat? (439)

Now that you've read this:

- Tell your nurse or doctor what you will do differently, now that you have read these breastfeeding tips. (Check when done.)



- If you have any questions or concerns,
- call your child's doctor or
 - call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-933-1400
866-933-6459
www.phoenixchildrens.org
Facebook: facebook.com/theemilycenter
Twitter: [@emilycenter](https://twitter.com/emilycenter)
Pinterest: pinterest.com/emilycenter

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

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#248 • Written by Nancy Brown, RN • Updated by Michelle Weller, IBCLC
Illustrated by Dennis Swain and Christine Rimmel



Procedure/Treatment/Home Care
Si usted desea esta información en español,
por favor pídasela a su enfermero o doctor.

Name of Health Care Provider: _____ Number: 248
For office use: Date returned: _____ db nb

Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No

easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes

No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

Thank you for helping us!