

PLANNING AHEAD DURING PREGNANCY

Nipple Preparation

- Shower or bathe as you usually do.
- Do the nipple “Pinch Test”
 - Make a “C” shape with your right hand.
 - Place your thumb and first finger around the areola.
 - Push back against your chest.
 - Gently squeeze the thumb and finger together.
 - Use a mirror to look at a side view of both nipples as you do the pinch test.
 - A normal nipple will move forward.
 - Flat or inverted nipples move back and may cause problems with breastfeeding. Get help before the baby comes.

Learn Positioning

- Sit so that your lap is level and feet flat on the floor or supported with a book or box.
- Practice with a baby doll. Hold it “tummy to tummy” across your body, facing the left breast.

- Line up the “baby” so that the ear, shoulder, and hip are in a straight line.
- Support the “baby’s” bottom and back firmly with your right arm and elbow. Cup your left breast in your left hand.
- With your right hand behind the doll’s neck, bring “baby” to the breast and don’t lean down.
- Ask about other positions that may work better for certain breast or body types.

Know Correct Latch-On

- Align baby’s nose with the nipple.
- Allow head to tilt slightly backwards.
- Bring baby’s mouth to the nipple and allow licking.
- Wait for a wide, open mouth.
- Quickly pull baby to the breast and onto the nipple.
- Signs of a Good Latch
 - Nipple is deep into baby’s mouth.
 - Lips are flared out.
 - Tongue is forward.
 - Breastfeeding is free of pain.



Call the Arkansas Breastfeeding Helpline at 1-800-445-6175.

OR

Concerned? More questions before delivery?
Talk to a nurse at your county health department by calling:

YES! I'M
GOING TO
Breastfeed



What to do in the Hospital

- Nurse within the first hour after delivery. Your body has milk (colostrum).
- Keep baby in your room to allow for frequent nursing.
- Take time to position yourself correctly. Sit in a chair if possible. A pillow on the lap or at the side may be helpful.
- Put baby to breast at least every 2-3 hours. Nursing or pumping frequently now will help you have milk that is more abundant later.
- Keep a record of baby's wets and stools.
- Avoid formula, water, bottle nipples, or pacifiers unless medically needed.
- Ask for help if breastfeeding hurts or the baby isn't latching on well.
- Ask for pain relief when needed. Most pain medications are generally safe to take as directed.

What to Expect in the 1st Week

- Most moms feel awkward and uneasy at first.
- Breastfeeding gets easier with practice.
- Sitting in a chair or couch with arms makes latch on and correct positioning easier.
- Every baby is different, but most will nurse at least every 1 1/2 to 3 hours.
- Wake a sleepy baby if it's been longer than 3 hours during the day and 4 hours at night since the last nursing.
- You should hear swallowing during a feeding.
- Feedings will usually last 15-45 minutes.
- Baby should end the feeding by letting go. If not, insert a finger to break the suction.
- You should notice more wet diapers and stools as your milk supply increases.
- Stools become bright yellow and liquid. This is normal and not diarrhea.
- Some weight loss in the first week is normal. Get a weight check at the doctor's office or county health unit by 2-4 days of age.

How To Tell If the Baby is Getting Enough To Eat

The number of nursings, wet and dirty diapers should increase each day in the 1st week of life.

Day	Nursings	Wet Diapers	Stools
One	6 - 8	1 or more	1 or more
Two	6 - 8	2 or more	2 or more
Three	8 - 12	3 or more	2 or more
Four	8 - 12	4 or more	3 or more
Five	8 - 12	5 or more	3 or more
Six	8 - 12	6 or more	4 or more
Seven	8 - 12	6 - 8 or more	4 or more

The stool color should gradually change from black to yellow. Normal stool texture may be liquid to soft. (At 6 to 8 weeks of age, totally breastfed babies may decrease their stooling to once every few days.)

Taking Care of Mom

- Rest or sleep when baby sleeps.
- Have something to drink when sitting down to nurse and remember to eat.
- If engorgement happens (full hard breasts):
 - Cover the breasts completely with an ice pack. Ice cubes in a plastic bag or frozen peas make good ice packs.
 - Hand express, massage or pump to soften the breast enough for baby to latch on.
 - If ice doesn't help, wrap the breasts in very warm, wet towels or immerse the breasts in a basin of very warm water.
- If the nipples become sore:
 - Take acetaminophen (Tylenol™) or ibuprofen (Motrin™ or Advil™) as directed.
 - Apply a warm wet cloth after nursing.
 - Apply a thin layer of petroleum jelly or lanolin. No need to wash off before nursing.
 - If the problem is severe, call a nurse at the county health department or the Arkansas WIC Breastfeeding Help-line at 1-800-445-6175.

Signs of Baby Being Full

Body Relaxes • Fist Opens • Baby Lets Go Of The Breast