

Breastfeeding Basics

The good start

- Nurse 8-12 times every 24 hours
- Skin to skin is especially helpful before feedings for sleepy babies
- Wake baby for feedings if necessary
- Room-In while in hospital to learn your baby's feeding cues
- Avoid bottles/pacifiers until breastfeeding is established
- Nurse 1st side longer before offering 2nd side; unrestricted frequency and duration of feedings

Signs your baby is getting enough!

- Count wet and dirty diapers (6-8 wet & 1-3 or more dirty by end of day 4-5)
- Stools should transition from black /green to loose yellow-seedy by end of day 4-5
- Listen for swallowing
- Observe for milk coming in:
After nursing, breasts should feel softer. (After nursing 1st side, it should feel softer than second side)
- Your baby should act satisfied

How to prevent breastfeeding problems:

- Do not skip feedings.
- Use stimulation techniques to wake baby if necessary.
- Avoid engorgement-milk usually comes in about day 2 to 3.
- Nurse frequently (8-12 times in a 24 hour period).
- Use breast massage, warm packs or shower before feedings.
- Express milk by hand before latch to soften around nipple/areola; pump milk out if too full.
- For severe engorgement use ice packs to decrease swelling and provide comfort.
- Prevent plugged ducts and breast infection (mastitis).
- Massage any congested areas to promote drainage, pump if needed.
- Call your doctor for any signs of mastitis (any area that is warm, hard, tender to touch, flu-like symptoms fever or chills), because you may need antibiotic treatment.

Baby Weight Checks:

Mondays from 11:00am - noon

By appointment only

806-725-6403

Contact the Lactation Specialist/Parent Education Office for Assistance: 806.725.6403. If no answer, please leave a message and your call will be returned as soon as possible (calls after 5pm will be returned the following morning). If you need immediate assistance, call the nursery hotline at 806.725.6471.

Sore Nipples:

- Ask for assistance if you experience painful or sore nipples.
- Use expressed breast milk on nipples after nursing.
- A deeper areolar latch will improve comfort.

Cautions:

- Notify baby's doctor of all medications including over the counter, prescription, or herbal supplements.
- Do not use illicit drugs like marijuana and cocaine.
- If you suspect any herpes blisters around the breast, avoid nursing and contact health provider for instructions.

Not enough milk?

- Drink fluids, get rest, and eat a balanced meal with protein.
- Nurse more, pump more, to make more.
Pump between or after nursing (Principle of Supply and Demand)
- Avoid giving baby supplements (water or formula).
- Avoid antihistamines, decongestants, birth control pills.
- Manual hand expression has been proven to increase milk supply.

Potential Consequences of Supplementation

Will delay and limit early breastfeeding
Interferes with infant learning to nurse. (Nipple preference)
Decreases instruction and support time from staff.
Can delay milk coming in and inhibit supply
Can cause engorgement
Prevents infant gut from sealing which helps to prevent infection

American Academy of Pediatrics recommends exclusive breastfeeding for first 6 months of life, then adding complementary foods.

COMMUNITY RESOURCES

Breast Pump Sources:

Local

Check with your insurance about providing a breast pump.

South Plains Medical 2854 34th St. 795-9118-rental available

Star Medical 111912 Slide Rd. 762-6777 Fax: 806-762-6780

Absolute Home Medical (Medicaid only)

2501 Baylor St #50 806-771-2684

Community WIC Clinic- Breastfeeding Warm Line

888-632-6479 or 806-632-6479(8 am to 8 pm 7 days a week)

Plainview WIC Clinic-806-293-0182

Online Resources

breastpumps.aeroflowinc.com

breastpumps.edgepark.com

target.com/c/target-breast-pump-program/-/N-4yqby

ursmedical.com/breastpumps

New Mexico Resource

HME Specialists LLC-866-690-6500

La Leche League: 806-680-6455

LaDereka 214-476-7841

(cartercomprehensivebirth@gmail.com)

Texas Lactation Support Hotline

1-855-550-6667 Available 24hrs/day

texaswic.org

Apps: Circle by Covenant Health

Mommy Meds by Texas Tech

Health Sciences Center

Helpful Websites

www.texasmilkbank.org

www.breastmilkcounts.com

www.cadaonzacuenta.com

www.infantrisk.org

www.kellymom.com

www.texaslilli.org

www.lilli.org/espanol