

## Steps to Healthy Breastfeeding (3)



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This brochure includes information about things to avoid and things to do during this phase, which is important for you and for your baby. Additionally, you'll find information about expressing breast milk, and the recommended ways of storing for later use.

## Do's & Don'ts in Breastfeeding

### Do's:

1. Do eat a well balanced diet of plenty of fruits, vegetables, beans or meats, and whole grains.
2. Do get plenty of calcium via dairy foods like milk and cheese. Talk to your doctor about calcium supplements and other ways to get more calcium.
3. Do eat more calories than normal, about 500 more per day, and make sure you stay hydrated.
4. Be patient. It takes time for you and your baby to hone your breastfeeding skills.
5. Nurse frequently, to build up your milk supply. Give unrestricted feedings. Breastfeeding follows the law of supply and demand. The more you nurse your baby, the more milk you produce.





6. Breastfeed as soon as the baby shows signs of hunger. Early indications are waking up, mouthing his hands, and turning his head back and forth as if searching for the breast. Crying is a late indication of hunger.

7. Teach your baby the proper way to latch. Proper latch ensures that the baby is able to get all the milk. It also means less sore nipples for you.

**Don'ts:**

1. Do not take any medications without consulting the doctor.

2. Do not smoke. Babies maybe at a greater risk for nausea, colic and diarrhea. Mothers whose infants are also exposed to second hand smoke are at increased risk for allergies, pneumonia, bronchitis and possibly sudden infant death syndrome (SIDS).

3. Do not switch breasts too early. Let your baby finish one breast first before offering the other. If your baby doesn't finish the second breast, offer that breast first at the next feeding. Switching breasts too early may make the baby fill up with foremilk (the thin, watery milk that quenches thirst at the start of a feeding), instead of hind milk (the creamy calorie-rich milk that satisfies hunger).

4. Do not wait for the baby to start crying before nursing him. It is harder for a hysterical baby to latch on properly.

5. Do not give bottles or pacifiers to your baby. Giving bottles or pacifiers can lead to nipple confusion for the baby. Rubber nipples and mom's nipples are totally different, and require sucking motions.

6. Do not let sleeping babies lie. If it's been 2 hours since your last feeding and the baby is still sleeping, gently rouse him by tickling his cheek or ear, removing his blanket, picking him up, or even using your nipple dabbed with expressed milk to tickle his nose.

7. Do not offer your baby formula, water, or even glucose water unless there is a valid medical reason. Providing these supplements to your baby may make them feel full to the extent that they lose interest in natural breast milk, leading to fewer feedings and consequently a decrease in milk production by the mother.



## Hand Expressing Procedure

1. Stimulate the letdown reflex by: rolling your nipple between your finger and thumb, and gentle stroking your breast towards your nipple.
2. Position your thumb above the nipple and your fingers below the nipple about 1-2 inches behind your nipple. Your thumb and fingers will make the letter "C" shape.
3. Press your fingers and thumb back toward your chest.
4. Gently compress your fingers and thumb together.
5. Release and then repeat in a rhythmic pattern: Press, Compress, Release. Continue until the milk stops and then switch to the other breast.
6. Repeat the action in a rhythm similar to the baby's sucking, about once a second.
7. Rotate the position of the finger and thumb around the nipple, so that all the milk ducts are expressed.

8. If regular expressing is required to give extra breast milk to your baby, an electric breast pump is recommended.

## Storage Location and Temperatures

Type of Breast Milk	Countertop 77°F (25°C) or colder (room temperature)	Refrigerator 40°F (4°C)	Freezer 0°F (-18°C) or colder
Freshly Expressed or Pumped	Up to 4 Hours	Up to 4 Days	Within 6 months is best Up to 12 months is acceptable
Thawed, Previously Frozen	1-2 Hours	Up to 1 Day (24 hours)	NEVER refreeze human milk after it has been thawed
Leftover from a Feeding (baby did not finish the bottle)	Use within 2 hours after the baby is finished feeding		

## How to Prepare and Warm Breast Milk

1. If the milk is frozen, transfer it from the freezer to the refrigerator or leave it at room temperature to thaw gradually, then warm it using warm water, not hot water.
2. If the milk is stored in the refrigerator, warm it by placing it under warm water before feeding it to the baby.
3. If the milk is stored at room temperature, feed it to the baby without warming it.



## Signs Baby is Getting Enough

Fully breastfed babies receiving colostrums have one to two wet nappies and at least one bowel motion every 24 hours for the first few days.

Once your baby is receiving mature breast milk then expect:

- Six or more wet nappies every 24 hours.
- Clear or pale urine.
- Soft yellow bowel motion at least 2 to 3 per day for the first 4 to 6 weeks.
- An alert healthy baby with good skin tone.
- An average weight gain of 150 gm or more per week in the first three months.