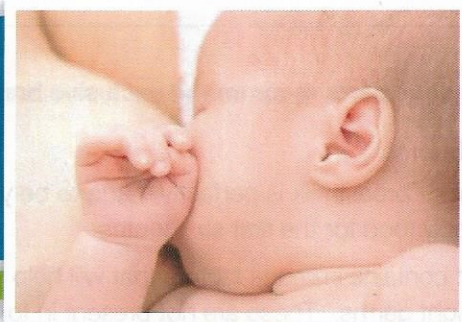


Breastfeeding



Online Instructional Videos

Many different organizations have online instructional videos to help you with breastfeeding:

Check out the videos from:

[The Stanford School of Medicine](#)

[The International Breastfeeding Centre](#)

[Peel Public Health](#)

More information:

[La Leche League Canada](#)

Breastfeeding is going places!

In today's culture, more women are aware that breastfeeding is the natural and healthiest way to feed a baby – yet many have not had the opportunity to see a baby feed at her mother's breast.

Be sure to view the online instructional videos showing a mom and her newborn skin-to-skin. They also show how to observe your baby's cues and breastfeed successfully.

Skin-to-Skin Contact for You and Your Baby

Bringing your baby skin-to-skin right after he is born is a natural way of welcoming your baby with gentle touch and soft words. Your healthcare provider will dry your baby and place him on your chest with a warm blanket over his back to snuggle with you. Dad can snuggle skin-to-skin too.

Research has shown that skin-to-skin is the best place for your baby to adjust to life in the outside world.

Benefits of skin-to-skin during the first hour

- Babies are warmer and calmer – they cry less and have more restful sleep.
- Their heart rates and blood sugars are more stable.
- Skin-to-skin babies follow a natural sequence of movements toward mom's breast. They are drawn to mom's nipple by smell, touch and taste. This is the best start to breastfeeding.
- The maternal hormone oxytocin is stimulated by skin-to-skin contact and breastfeeding. It relaxes mom, helps her uterus to contract normally, and her breastmilk to flow.
- Mom's soothing touch and affection during skin-to-skin are natural expressions of her love. They help develop a secure emotional attachment to her baby that will last a lifetime.

Skin-to-skin beyond the first hour

Continue making time to snuggle skin-to-skin with your baby. It will help keep your baby interested in breastfeeding if he is sleepy. Research shows that babies of all ages, including preterm, benefit from skin-to-skin.

Becoming a parent is full of new experiences and many questions.

Skin-to-skin is a natural and healthy way to take time in your busy day to relax and enjoy your new baby.

Exclusive Breastfeeding

Exclusive breastfeeding means your baby receives only your breastmilk. The Canadian Paediatric Society and Health Canada recommend exclusive breastfeeding for the first six months of life.

Remember the first six weeks is a learning period for both you and your baby. To establish successful breastfeeding, avoid pacifiers and bottles during this time.

Why do experts recommend exclusive breastfeeding?

For babies

- Your breastmilk is perfectly made to be your baby's only food for the first six months.
- It contains immune factors that will help your baby fight germs. These are not present in formula.
- Your breastmilk will change as your baby grows, whereas formula stays the same.
- Breastmilk coats the inside of your baby's stomach and intestines reducing the risk of infection.
- Babies who are exclusively breastfed stay healthier than babies who are given both formula and breastmilk.

For mothers

- More calories are used in making breastmilk. This helps mother to lose pregnancy weight more quickly.
- Mothers who exclusively breastfeed often go longer without a menstrual period. Exclusive breastfeeding can provide some natural form of birth control by following the [Lactational Amenorrhea Method](#).
- Exclusive breastfeeding gives greater protection for mothers against breast cancer, ovarian cancer, and osteoporosis.

How can I be sure my baby will get enough breastmilk?

Signs that your baby is getting enough:

- Mouth is wet, eyes are bright and alert
- Shows feeding cues and latches well
- Comes off the breast looking content
- [Has enough wet diapers and stools](#)
- Has alert calm periods and periods of being active

Why do mothers sometimes think they don't have enough breastmilk?

Frequent feeding

- Newborns have small stomachs that fill up and empty quickly. They need to feed often, sometimes every one to two hours, and at least 8 times in 24 hours.
- Babies have growth spurts and want to breastfeed more frequently during these times to increase milk supply to meet their needs.

Shorter breastfeeds

- As babies get stronger and more efficient at the breast, they feed more quickly. This is normal.

Breasts don't feel as full

- A few days after your baby is born, your breasts may be very full as mature breastmilk is replacing colostrum.
- As your baby breastfeeds with a good latch, your milk production will adjust to match the amount of milk your baby needs, and your breasts will not feel as full. This is normal.

You don't get much milk from pumping

- Your baby is much better at taking milk from your breasts than any pump or hand expression. This is also normal.

Crying and not sleeping

- Babies cry and awaken for many reasons, not necessarily due to hunger.
- If you don't think you have enough breastmilk, talk to your healthcare provider or a public health nurse before you decide to give a bottle of formula.

Managing Your Milk Supply

Getting started

- During the first hour after birth, cuddle your baby skin-to-skin.
- Watch for cues that he is ready to breastfeed – opening his mouth, turning towards and touching your nipple, putting hands to his mouth.
- Your baby will breastfeed and receive the important first food called colostrum.

Colostrum

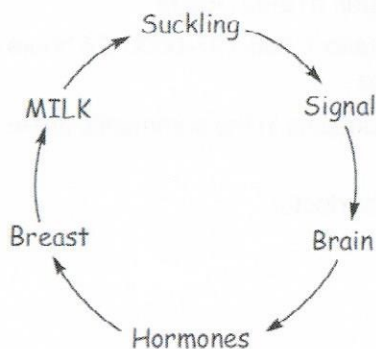
- Is concentrated so your baby only needs small amounts
- Contains antibodies that protect your baby from illness
- Coats the inside of your baby's stomach and intestines, reducing the risk of infection

Your body is designed to make milk

- Breastfeed often. Hormones in your body will send a signal to your breasts to make the transition from colostrum to mature milk.
- The more your baby sucks at your breast with a good latch, the more breastmilk you will make.
- Some women feel the “letdown” of milk as a tingling sensation in their breasts.

When mature milk comes in

- After three or four days your breasts will feel warm and full.
- Continue to feed your baby frequently.
- Your body knows how to balance your milk supply with your baby’s needs.



What if I have to leave my baby?

- When planning to go out, express breastmilk using your hands (see next page) or a breast pump. See our fact sheet [How to Collect and Store Your Breastmilk](#).
- Your baby’s caregiver can give your baby breastmilk with a spoon or cup. See our fact sheet: [How to Cup Feed Your Baby](#)
- When away from your baby, express breastmilk at least 8 times in 24 hours for your own comfort and to maintain your milk supply.
- A public health nurse can help you decide if you need a pump, discuss the types available, and give you tips for using one if necessary.

Growth Spurts

These are times when your baby is growing quickly and will need to breastfeed more often. Growth spurts usually last for a few days. They happen at about:

- 3 weeks
- 6 weeks
- 3 months
- 6 months

Hand Expression

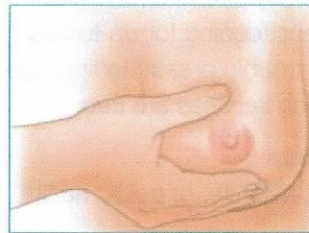
Hand expression is the removal of breastmilk from the breast. You may wish to ask for help when learning to do this or if you have any questions.

Collect equipment

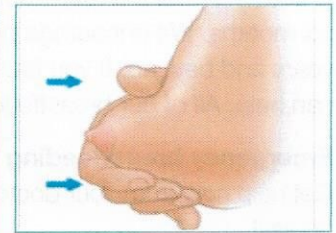
- Use a large, clean container with a wide opening to collect the expressed milk.

Set-up and use of equipment

- Remove your bra and any restrictive clothing.
- Wash hands thoroughly.
- Choose an environment and position that are relaxing to encourage milk flow and expression. Many mothers find it easier to express in the morning, when their breasts feel fullest or after breastfeeding baby.
- Place a warm wet towel on your breast and/or massage gently to encourage breastmilk to flow.

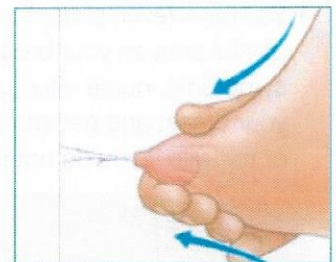


Place thumb on top of breast and first 2 fingers underneath, about 1” to 1½” back from the nipple.



Push thumb and two fingers gently back toward chest wall.

Roll thumb and fingers forward at the same time. Finish roll to the nipple.



- Repeat, moving thumb and fingers around the breast; position, press back, and roll forward.
- When milk flow slows, switch to the other breast and repeat sequence of position, press back and roll.
- When first learning to hand express, only a few drops may be obtained. Practice and experience will increase your flow and help you to know how long you need to express at one time.

Cleaning

- Wash hands.
- Store and use expressed breastmilk according to [Storing Breastmilk guidelines](#).

Risks of Formula

- If possible, avoid giving formula.
- When your baby misses feedings at your breast, your body will make less milk.
- Formula changes the lining in your baby's intestines and does not provide the immune protection of breastmilk. If you need to give formula, return to exclusive breastfeeding as soon as possible.
- See our fact sheet: [Risks and Costs of Formula Feeding](#)

Wellington-Dufferin-Guelph Public Health Breastfeeding Support

Breastmilk is all the food your baby needs for the first six months. We encourage breastfeeding for up to two years and beyond. If you have trouble breastfeeding, we can help. All of our breastfeeding services are free.

Emergency breastfeeding help

Get help now from your doctor, midwife, or public health nurse if:

- Your baby is very sleepy and hard to wake for feedings.
- Your baby is crying and will not settle after feedings.
- Your nipples are sore and do not start to get better.
- You have fever, chills, flu-like symptoms, or a red painful area on your breast. If you have these symptoms, nurse often, apply warm, wet towels to your breast and get lots of rest. Phone your doctor or midwife if you do not feel better.

Non-emergency breastfeeding support

Get help with breastfeeding challenges, such as:

- Sore, cracked, or bleeding nipples
- How to prevent and treat breast engorgement (sore, swollen breasts)
- Position and latch
- Low or too much milk supply

Talk to a public health nurse at KIDS LINE. Call 1-800-265-7293 ext. 3616 from Monday to Friday, 8:45 a.m.-4:15 p.m. Or, visit one of our [Breastfeeding Clinics](#)

Breastfeeding support is also available from:

- [La Leche League Canada: www.lllc.ca](http://www.lllc.ca)
- Women Everywhere (WE) Breastfeed volunteer peer support (Guelph): 519-821-6638
- Telehealth Ontario: 1-866-797-0000 (24 hours a day, 7 days a week)
- Lactation consultants in the community (there will be a fee)
- Your midwife or doctor



Public Health

Wellington-Dufferin-Guelph Public Health
1.800.265.7293 | www.wdgpublichealth.ca
info@wdgpublichealth.ca