

How To Breastfeed Your Baby Well

- Baby looks a healthy color and has firm skin that bounces right back if pinched gently.
- Baby is active when he/she is awake. He/she cries strongly and readily asks for feeds.
- Baby has a wet, pink mouth and bright eyes.
- Baby regains his/her birth weight by the time he is 14 days old.
- Baby's urine should be clear/pale yellow and it should have no smell.
- Baby is wetting 2 or 3 nappies in the first 48 hours, which becomes more frequent. Once he/she is over 5 days old, he should get at least 6 nappies wet every 24 hours.
- Baby's poos are a yellowy-mustard color by the time he/she is 5 days old.

Your Baby's Age	1 DAY	2 DAYS	3 DAYS	1 WEEK
				4 DAYS
Wet Diapers: How Many, How Wet Per day, on average over 24 hours	 At least 1 WET	 At least 2 WET	 At least 3 WET	 At least 4 WET
Soiled Diapers: Number and Colour of Stools Per day, on average over 24 hours	 At least 1 to 2 BLACK OR DARK GREEN	 At least 3 BROWN, GREEN, OR YELLOW		

Counting wet and dirty diapers helps to understand whether a breastfed baby is getting enough milk. The above chart also will help mothers to identify whether the baby is getting enough milk during the first week of life.

7. Mother needs to know her baby is gaining weight Normally, babies lose an average of 7 to 10 percentage of their birth weight in the first 3 days after birth. From day 4 onwards, your baby should gain 20 to 35gm per day and regain his/her birth weight by 10 to 14 days.

8. Mother needs to know how to settle a crying baby Crying is a sign of severe hunger that usually makes it difficult for the mother to settle the baby, attach him/her well to the breast in order to take enough milk. Feeding a crying baby may lead to painful nipple, cracked nipple, inadequate emptying of breast and finally breast infection. Crying babies can be calmed by cuddling, skin-to-skin contact (placing the naked baby on the mother's bare chest), talking and stroking.

If you are experiencing difficulty in breastfeeding your baby, kindly walk in and seek ask assistance from Lactation Consultant / BF Nurse / Counselor at the Lactation Clinic in OPD, WWRC
1st Floor, Station 3, Exam Rm # 4
Tel No: 40261158
Breastfeeding Program Office: ACC/A9-1038
Tel No: 40263867
NO NEED FOR APPOINTMENT



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Mother's milk has been proven to be the best food for all babies because it contains all the nutrients that babies need for normal growth and brain development. Breastmilk is also being described as the baby's first immunization against acute infections, common childhood illnesses, and chronic diseases like diabetes, heart diseases, overweight and obesity.

The World Health Organization recommends that babies should be fed only their mother's breastmilk without any supplements like infant milk formula, water, herbs, and food for the first six months of their life and they should continue to be breastfed for up to two years with additional supplementary food.

While breastfeeding is a natural act, every new mother and her baby still need training and assistance on breastfeeding from trained healthcare staff or an experienced member of her family.

Baby Should Breastfeed At The Right Time And Place

Evidence showed that babies will latch well and take enough milk when he/she feeds at the right time and right place. For mothers to breastfeed successfully, they need to know these important breastfeeding tips and practices:

1. To initiate breastfeeding immediately after birth while mother is still in the labor room and place the baby on the mother's bare chest in a skin-to-skin contact as soon as possible after birth



She should continue to breastfeed the baby for the next 2 to 4 hours after giving birth and as soon as possible at postnatal wards.

2. To breastfeed whenever the baby shows signs that he/she is ready to be fed and before he/she cries. The baby is ready to feed when he/she shows these signs of hunger:

- Early signs (I feel hungry)
- Mid or active signs (I am really hungry)
- Late signs (crying – calm me then feed me)



Early signs — "I feel hungry"

- Baby stirring
- Turning head and seeking / attaching to breast.
- Smacking or licking lips
- Opening and closing mouth
- Sucking on lips, tongue, hands, fingers, toes, toys, or clothing



Mouth opening



Turning head seeking/ rooting

Mid or active signs — "I'm really hungry"

- Hitting mother on the arm or chest repeatedly
- Becoming little restless or moving hands and feet
- Baby stretching, increasing physical movement and hand to mouth
- Rooting around on the chest of whoever is carrying him/her
- Trying to position for nursing, either by lying back or pulling on your clothes
- Fussing or breathing fast



Increasing physical movement



Hand to mouth

Late signs – "Calm me, then feed me" (calm baby before feeding)

- Baby crying, shaking body movements (agitated), face color turning red



Agitated body Movements



Colour Turning Red

- Moving head frantically from side to side
3. Baby to breastfeed at the right place.

On the arm of the mother, head supported with the body in straight line, facing the mother, close to her, tummy to tummy.

4. Baby to be fed with mother's first yellow few drops of milk (colostrum), which is all that the baby needs and it soothes the baby's small stomach. The amount of the yellow milk increases as the baby's stomach grows on a daily basis. It is produced in the breast during pregnancy and continues for few days after birth. This milk gradually changes to mature milk during the first two weeks after birth.

5. Feed the baby often, between 8 to 12 times a day, because baby's stomach is small.

On day 1, the baby's stomach is about the size of a lime and holds about 5 to 7 ml of milk. By day 3, the stomach size increases to about the size of a Spanish plum and holds about 22 to 27ml. By the baby's first week, their stomach size increases to the size of a tomato and holds about 45 to 60ml. In one month, the stomach grows to about the size of an egg and holds about 80 to 150ml of milk.



6. Mothers need to know that their baby is getting enough milk. Every mother should make sure that her baby is getting enough milk by keeping track of the following signs:-

- Baby feeds at least 8 to 12 times every 24 hours.
- She feels comfortable breastfeeding and does not feel any pain on her breasts and nipples after the first few sucks once milk has let down.
- Mother can see and hear baby swallow while he/she is feeding and baby is latched/attached onto breast properly.
- Baby changes rhythm while sucking, and pauses during feeds. Baby should start feeding again when he/she is ready, and come off breast spontaneously when finished.
- Breasts feel softer and less full after feeds.
- Nipple looks the same shape as when the feed began, or is slightly elongated.