

You will be able to produce enough milk. The keys to success are early, frequent feeding and proper positioning of the baby at the breast.

Breastfeeding is the best and most natural way to feed your baby.

- City of Ottawa: ottawa.ca/health
- La Leche League Canada: www.lalcheleaguecanada.ca
- La Leche League International: www.lalcheleague.org
- INFAC Canada: www.infactcanada.ca
- World Alliance for Breastfeeding Action: www.waba.org.my

Useful Web sites

- "Dr. Jack Newman's Guide to Breastfeeding," Harper Collins, 2000
- "The Womanly Art of Breastfeeding," La Leche League International, 2004
- "Bestfeeding: Getting Breastfeeding Right for You," Celestial Arts, 2000

Useful Books:

- A Public Health Nurse at the City of Ottawa's Public Health Information Line at 613-580-6744 ext. 28020, Monday to Friday, 9 a.m. to 4 p.m.
- Telehealth Ontario – 1-866-797-0000, 24 hours a day, seven days a week
- La Leche League Canada – Ottawa Chapter- 613-238-5919, seven days a week
- Lactation Consultants in the community (fee for-service)
- Your midwife or doctor
- A Breastfeeding Support Drop-In (call Ottawa Public Health Information at 613-580-6744 for times and locations)

If you need help, it is available from:

DID YOU KNOW.....
The City of Ottawa has designated all recreation facilities and parks breastfeeding friendly.



BREASTFEEDING

Your Baby



Breastfeeding: NOTHING COMPARES TO IT

Best for Babies:

- Provides the best food that is always fresh and ready
- Helps to prevent constipation
- May increase protection against illnesses such as childhood diabetes
- Increases protection against ear, chest and stomach infections
- Increases protection against allergies if there is a family history of allergies
- May increase protection against Sudden Infant Death Syndrome (SIDS), also called crib death
- Helps to promote proper jaw and teeth development

Best for Mothers:

- Promotes closeness and touching with baby
- Helps the uterus to return to its normal size after birth
- Helps to control bleeding after birth
- Helps to protect against cancer of the breast and ovary
- Helps to keep bones strong
- Helps to use up the extra fat gained during pregnancy
- Saves money; formula is expensive
- Saves time; there is no need to prepare formula and bottles
- Does not produce any garbage; there are no formula and bottle packages to throw out



• Breastfeeding is a skill and may take time to learn. This book offers information to help you and your baby get started.
• If you have any questions see the back of this book for a list of resources

About my Baby

Feeding in the early days

- Your baby will start to tell you he/she is hungry by fast eye movements under the eyelids, stretching and increased body movements. Waking up, sucking on fists or fingers, rooting (opening mouth and searching for the nipple), smacking his/her lips are other signs. Generally babies should be fed before they are crying.
- Babies **need** to nurse frequently. Breastmilk, the perfect food, is digested quickly.
- Very sleepy babies and babies not feeding well may need to be wakened in the first few days. See section on "Signs that your baby is breastfeeding well."
- Many babies have fussy periods, especially in the evening when they feed more frequently. This is called cluster feeding and is normal.
- Remember your breasts are never empty of milk. As the baby nurses, more milk is produced.

Spitting up

- It is common for young babies to spit up after feeding or when being burped. This should not be a problem if your baby is showing signs of drinking enough. See section on "Signs that your baby is breastfeeding well". Many babies will spit up less often at about four to six months of age.

Growth spurts

- Babies grow quickly and have times of more frequent nursing to increase their mother's milk supply. This doesn't mean you don't have enough milk. Growth spurts are normal and commonly occur at three and six weeks, and at three and six months, but may vary. Growth spurts usually last up to a few days.

Crying

- During the first few months some babies cry more than others and many babies have fussy periods, especially in the evenings. If crying is quieted by nursing, nurse your baby. If nursing doesn't help, try wrapping the baby in a blanket, rocking the baby, patting the baby on the back or walking with the baby in a baby carrier, or a sling.

Baby check-ups

- Your baby should have a breastfeeding check-up between one to two days after leaving the hospital. This visit can be with a nurse, a midwife, a lactation consultant, a nurse practitioner or a doctor.
- You will receive a call from a Public Health Nurse within 48 hours of discharge. She will review breastfeeding progress and offer a home visit.

Vitamins & fluoride drops

- At this time, the Canadian Pediatric Society is still recommending Vitamin D supplements for breastfeeding babies.
- Children three years of age and under do not need fluoride supplements.

About Myself

Nutrition

- Enjoy different foods and follow "Eating Well with Canada's Food Guide" to ensure a nutritious diet.
- There are no foods that you must avoid.
- Occasionally, a food (particularly one the mother is sensitive to) may make the baby fussy for a few hours after feeding. If you think that any one food bothers your baby, try avoiding it for a week or two. Do not stop eating any one food group without consulting your doctor or dietician.
- Drink enough fluid; especially water, to satisfy your thirst. Many mothers find they need more fluids than usual. It is a good idea to have something available to drink each time you breastfeed.
- Limit alcohol and caffeine. These are passed into your breast milk. Caffeine is found in coffee, tea, colas, and chocolate and may make your baby irritable.
- Fad dieting is not a good idea while breastfeeding. You will gradually lose weight as your body uses up your fat to supply the energy needed to make milk.

Leaking Breasts

- Leaking breasts are common when you are just starting to breastfeed.
- To stop leaking, put pressure on the nipple until the tingling feeling in your breast stops. Use your hands or forearms.
- Cotton or paper breast pads (without plastic backing) may be used to absorb the milk. Change breast pads whenever they are wet.

When I'm Sick

- Your breastmilk protects your baby from many illnesses. When you are sick it is especially important to make sure your baby gets the antibodies in your breastmilk so your baby does not get sick too.

Medications and Breastfeeding

- In almost all cases, it is safe to continue breastfeeding. Your doctor can refer to Dr. Tom Hale's book "Medication and Mother's Milk" for information on any medication you may require or call Motherisk at 416-813-6780.

How long should I breastfeed?

- The World Health Organization recommends that babies be exclusively breastfed for the first six months. Breastfeeding should continue with the introduction of solids, for up to two years and beyond.
- Breastfeeding is a partnership between mother and baby, and should continue as long as both are happy to do so.

TIPS TO HELP Breastfeeding

- **Breastfeed as soon as possible after birth.** Your baby is most awake and ready to learn how to breastfeed during the first two hours after birth. Breastfeeding early will also help you to make more milk.
- **Get help to breastfeed.** In the hospital, ask your nurse to help you put your baby onto your breast. Get help right away if you are having breastfeeding problems. See the back of this book for places to get help when you are at home.
- **Breastfeed often.** In the first month, most babies will breastfeed well at least eight times a day. This can be every 1.5 to three hours. It is common for babies to have many breastfeedings in a short period (cluster feeding), and then sleep longer between feeds at other times. There are no set times to feed your baby. Feed your baby when he/she is showing signs of hunger (see section on "About my Baby"). At six to 12 weeks, babies may feed six to 10 times or more per day. At three to six months, babies may feed five to eight times or more per day.
- **Do not give your baby soothers or bottles.** If you decide to use these, it is best to wait until your baby has learned to breastfeed. This often happens by four to six weeks. However, offering your baby bottles of formula at any age can affect your milk supply and the baby's interest in breastfeeding.
- **Give your baby only breast milk.** No extra drinks or foods are needed for most breastfed babies in the first six months of life. Introducing drinks or foods before this time may decrease your milk supply and may affect your baby's health (for example, your baby may develop an increased risk for allergies).

GETTING STARTED

1



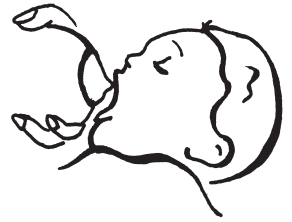
Get comfortable and find a position that works well for you.
See section on "Breastfeeding positions."

2

Place your fingers on your ribs, under your breast and move middle and index fingers forward slightly. Fingers and thumb stay well back from the areola. The baby's extended lower arm may be tucked under your hand.



3



Touch baby's upper lip with your nipple. Wait until baby's mouth is wide open like a yawn.

4



Then bring baby to breast with:

- Head tilted back and chin forward
- Baby's bottom lip as far from nipple as possible

5

Your baby is latched on properly if you:

- See baby's mouth opened wide.
- See some areola above the top lip (if mother has a small areola none may show).
- See baby's chin pressed into your breast.
- Have no nipple pain.



6



Baby is feeding well when baby:

- Is calm while feeding.
- Sucks rhythmically.
- is swallowing, which can be seen or heard.

7



If baby falls asleep after a few minutes, squeeze your breast to help your milk to flow. Do not squeeze so hard that it hurts. This may help baby to start swallowing again.

8

If breastfeeding hurts remove baby right away by slipping your finger into baby's mouth and between the gums to break the suction.



9

When baby no longer has strong "deep and slow" sucks and your breast feels softer, offer the second breast.

- Baby may only feed a short time on the second breast, if at all.
- At next feeding, offer the breast that the baby fed on last. Often this breast feels fullest.

THAWING

Frozen Breast Milk

1



Warm frozen breast milk by leaving it in the fridge for 4 hours OR....

2.



...place container under cool running water. Once it has begun to thaw, run warm water to finish thawing.

3.



Never thaw at room temperature.

4.



Warm breast milk by placing the container in a bowl of very warm water. **DO NOT HEAT ON STOVE OR IN MICROWAVE.**

Feeding Guide for Expressed Breast Milk

Your baby may drink more or less than these amounts, depending on his weight and activity level. This table is a guide for the amount of expressed milk to prepare. Your baby's appetite should be your guide for how much milk to offer.

Age	Amount per feeding (oz)	Amount per feeding (mL)
Birth to 1 week	1-2	30-60
1 to 2 weeks	2-3	60-90
2 weeks to 2 months	2-5	60-150
2 to 4 months	4-6	120-180
4 to 12 months	5-8	150-240

Source: Kalnins, Daina RD Better Breastfeeding 2007

Feeding Tips:

- Check the date on the stored breast milk. Use the container with the earliest date first.
- Milk separates into layers. Mix well before use.
- Thawed milk may taste or smell different from fresh, but it is still good.
- Test the temperature of the thawed breast milk on your wrist before using it. It should feel like skin temperature.
- Hold your baby when feeding expressed breast milk.
- Make feedings an enjoyable time for you and your baby. Talk to your baby and give lots of smiles.
- Burp your baby as needed.
- Throw away any breast milk left in the bottle after each feeding

STORING

Breast Milk

- Special breast milk freezer bags can also be used.
- Do not use bottle liner bags. These are thinner plastic bags made only for bottle feeding, not freezing breastmilk.

Cleaning the containers:

- **For healthy babies**, rinse container and bottle nipples in cold water then wash in hot soapy water and rinse well with hot water. Let the containers and bottle nipples air dry **OR** use the sani-cycle on the dishwasher.

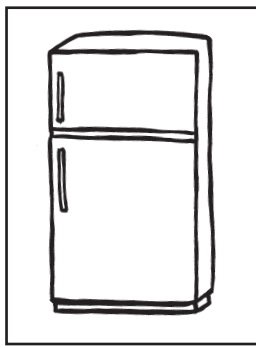
Tips for storing breast milk:

- Store in two to four ounce portions to prevent wasting milk.
- Always cool freshly expressed milk before adding it to already cooled or frozen milk (add a smaller amount of cooled milk to the frozen milk).
- Leave a one-inch (2.5 cm) space at the top of the container when freezing.
- Do not refreeze breast milk once it is thawed.

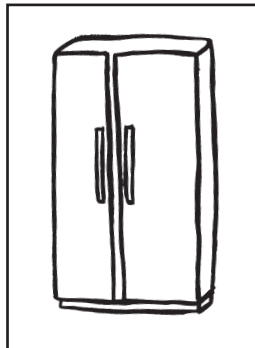
For a premature or hospitalized baby:

- Use a fresh sterile container
- Refrigerate milk within one hour after pumping
- Use or freeze milk within 48 hours

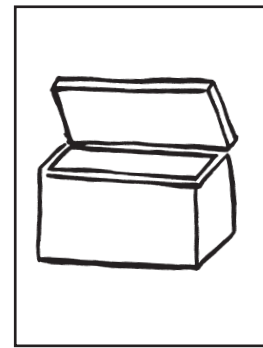
Breast milk can be stored in the following ways:



Refrigerator:
Premature or hospitalized baby:
48 hours
Healthy term baby:
five days



Freezer (as part of the fridge):
three to six months



Deep freezer (at -18°C or 0°F):
six to twelve months

Important:

- Freshly expressed breast milk can be kept at room temperature (less than 25°C) for 6 to 8 hours. If it will not be used within 6 to 8 hours, it should be stored in one of the ways discussed above.
- Place containers at the back of the fridge and freezer where it is the coldest.
- Put your milk on a shelf or on a box if using a self-defrosting freezer. The bottom warms up to allow the defrost cycle to work.

Breastfeeding POSITIONS

Alternate Arm Cradle Hold

This position works well, if you are learning to breastfeed:

- The heel of your hand supports baby's shoulders
- The hand that holds the breast is on the same side the baby is nursing

Football Hold

This position works well:

- If you are learning to breastfeed
- If you have a small baby
- If you have large breasts
- If you had a Caesarean birth
- If you are nursing both twins at the same time

- Flex baby's legs up behind your arm
- Baby's mouth is well under breast before you start

Cradle Hold

This position works well:

- After you are comfortable with breastfeeding
- Baby's head rests on your forearm
- Baby's nostrils are in front of your nipple before you start to latch

Side-Lying Hold

This position works well:

- If you find it too painful to sit
- If you want to rest when you breastfeed
- If you had a Caesarean birth
- You and baby lie on your sides facing each other
- Your hand is across baby's shoulder blades
- Bring baby towards your abdomen
- Wait for the baby to extend his head with a wide mouth and latch without assistance



TIP

TRY DIFFERENT POSITIONS.

For all positions, check that:

- Your baby is tucked in close under your breast.
- You bring baby in to you instead of leaning over or pushing your nipple into your baby's mouth.
- You are comfortable and well supported.
- Sometimes a pillow may be helpful.

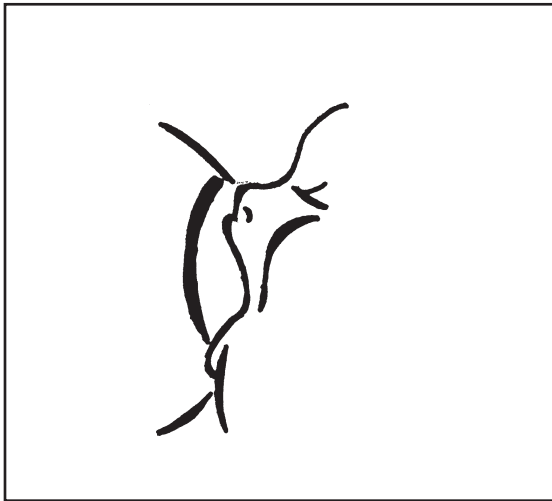
SIGNS THAT YOUR BABY IS *Breastfeeding* WELL

Deep and Slow Sucks

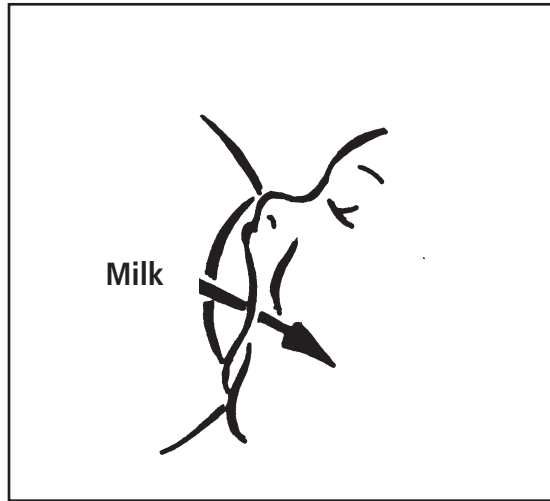
At the start of the feed, your baby will have shallow and quick sucks. When your milk starts to flow, the sucks should become deep and slow. There should also be a pause during the suck when your baby's mouth opens the widest. Your baby is drinking milk during this pause. There should be approximately 10-20 minutes in total of this "deep and slow" type of suck at each feed.

You can:

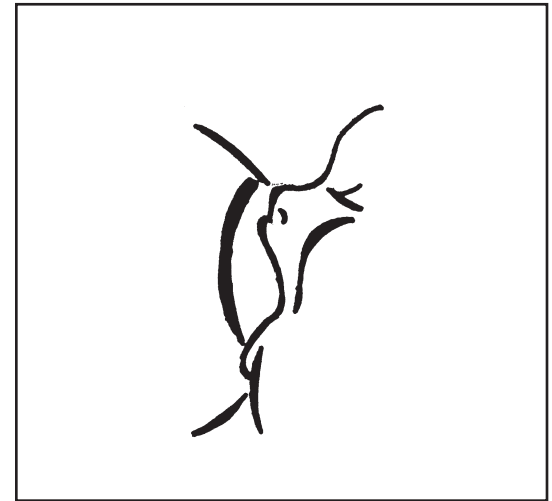
- Feel your breast being pulled with no pain.
- Hear your baby swallowing



Mouth opening



Pause when mouth is opened the widest.
Baby is drinking milk during this pause.

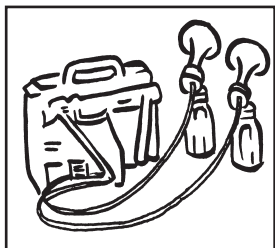


Mouth closing

TYPES OF *Breast* PUMPS

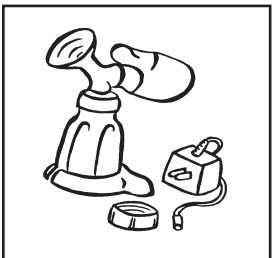
TIP If you are returning to work, you can obtain a copy of "Working and Breastfeeding: A Guide for Mothers" by contacting a Public Health Nurse at 613-580-6744.

Most mothers do not need a breast pump. However, if you do need a pump, a variety of pumps are available for rent or sale from lactation consultants, hospitals, medical supply outlets, drug stores and some children's stores. **Lactation consultants provide instructions and support for the pumps they supply.** You can consult a Public Health Nurse at 613-580-6744, a lactation consultant, La Leche League, a nurse or midwife about which pump is best for you.



Electric Pump

- Best pump to use if you cannot be with your baby right after birth or if you plan to pump for a long time.
- Can pump both breasts at the same time. This will take less time to pump.
- Is usually rented out because it is the most expensive. Call Ottawa Public Health Information at 613-580-6744 for places that rent this pump.
- Some workplace insurance plans may pay for the cost of renting the pump.



Battery Operated Pump

- Good pump for occasional use once your milk supply is established.
- Can be used with one hand.
- Is easy to carry.
- Need to replace batteries often (it is best to buy one that can also be plugged into an electrical outlet).



Hand Operated Pumps

- Good pump for occasional use once your milk supply is established.
- Some can be used with one hand, and others with two hands (depends on the type of hand pump).
- Is easy to carry.
- Can tire the hands and wrists so mothers with hand, wrist or arm problems should not use it.
- Is the least expensive.

Important! Do Not Use A Pump With A Rubber Bulb.
The suction on this pump is too strong and can damage your nipples.

FOLLOW THE INSTRUCTIONS THAT COME WITH THE BREAST PUMP FOR SAFE OPERATION AND CLEANING. Do not exceed the recommended pumping pressures.

After every use, pump parts that come in contact with your milk should be washed in hot, soapy water, rinsed and left to air dry.

These parts should also be sterilized **once a day**: boil for five minutes in enough water to cover the equipment.

Containers for storing breast milk:

- Use glass containers with a tight lid (for example, small jars and bottles with lids).

EXPRESSING

Breast Milk


You May Need To Express Breast Milk If:

- Your breasts are too hard for your baby to latch on.
- You want your baby to have breast milk when you are away from your baby.
- You need to increase your breast milk supply.


For a **Premature or Hospitalized Baby**: Use a fresh **sterile** container and refrigerate milk within one hour of expressing.

1. 

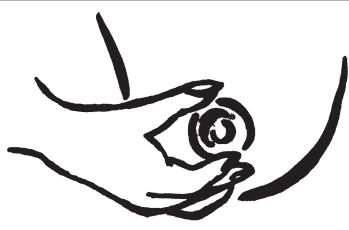
Wash your hands with soap and water.

2. 


If your baby is healthy, use a clean glass or plastic container in which to express your breast milk. Label container with date before expressing milk. "Clean" means to wash in hot soapy water, rinse well with hot water and leave to air dry.

3. 


To help breast milk to flow, apply a warm wet towel for a couple of minutes or take a shower. Massage your breasts for a few minutes then...

4. 

Place your thumb and first 2 fingers about 1 – 1.5 inches (2.5-3.75 cm) away from the nipple.

5. 

Push your thumb and 2 fingers straight back toward your chest.

6. 

Roll your thumb and 2 fingers together.

How to Express Breast Milk by Hand

- Continue to repeat steps 4, 5 and 6 until the flow of milk slows down, then switch to the other breast.
- Switch breasts whenever the flow of milk slows down. Be sure to move your thumb and two fingers along all areas around the nipple.
- Many mothers find it easier to express in the morning, when their breasts feel fullest or after breastfeeding the baby.
- You may only get a few drops when first learning to express. Expressing breast milk will get better and easier with practice.

Wet Diapers and Stools

TIP

Get help right away if your baby is not showing signs of breastfeeding well.

See "NEED HELP WITH BREASTFEEDING?" handout.

Baby's Age	Wet Diapers Each Day	Stools Each Day
1 day old	<ul style="list-style-type: none"> • At least 1 wet diaper (a wet diaper feels like at least 2 tablespoons or 30 ml of water poured on a dry diaper). Occasional "red brick coloured" staining is normal until day 3 	<ul style="list-style-type: none"> • At least 1-2 sticky dark green/black stools
2 days old	<ul style="list-style-type: none"> • At least 2 wet diapers 	<ul style="list-style-type: none"> • At least 1-2 sticky dark green/black stools
3 days old	<ul style="list-style-type: none"> • At least 3 heavy wet diapers (a heavy wet diaper feels like at least 4-5 tablespoons or 60-75 ml of water poured on a dry diaper) 	<ul style="list-style-type: none"> • At least 3 brown/green/yellow stools
4 days old	<ul style="list-style-type: none"> • At least 4 heavy wet diapers 	<ul style="list-style-type: none"> • At least 3 brown/green/yellow stools • Get help if stools are still sticky dark green/black (See "Need Help with Breastfeeding?" handout)
5 days old	<ul style="list-style-type: none"> • At least 6 heavy wet diapers 	<ul style="list-style-type: none"> • At least 3 stools, getting more yellow
6 days old and after	<ul style="list-style-type: none"> • At least 6 heavy wet diapers 	<ul style="list-style-type: none"> • At least 3 large yellow stools • Stools can be soft like toothpaste or seedy and watery • After about 1 month of age, some breastfed babies may have 1 very large yellow stool every 1-7 days. This is normal as long as the stool is soft and the baby is healthy. It is also normal for some breastfed babies to have many stools each day.

Weight Gain

Breastfed babies may lose up to seven per cent of their birth weight in the first three days after birth. Your baby should then gain at least four to eight ounces (113-227 grams) a week in the first three months, and at least three to five ounces (85-142 grams) a week from four to six months. Your baby should return to his/her birth weight by about two weeks of age.

Other Signs

- Your baby has a loud cry and moves actively
- Your baby's mouth is wet and pink
- Your baby's eyes look bright and awake
- Your baby comes off the breast contented
- Your breasts feel softer and less full after breastfeeding

TIP Get help right away if you:

- Cannot soften your breasts or are having problems breastfeeding
- Have a red and painful area on your breast
- Have a fever


Caring For Breasts That Are Hard

1.

- If your breasts become hard, your baby may have trouble feeding.
- The hardness should only last 1-2 days.


Here are some ways to help soften your breasts:

2.




Have a warm shower OR...

3.



apply a warm wet towel for a few minutes and then massage breasts gently in a circular motion.


4.



...then express some breast milk until the area around your nipple feels soft (see section on "Expressing Breast Milk").

5.

Then breastfeed your baby. Make sure you breastfeed every 1.5 - 3 hours until your breasts are no longer hard. Finish the first breast before offering the second.



6.

After a good feeding, if your breasts remain hard, you could place:

- A fresh, cold, wet towel (should not be done if mother has thrush)
- Or a washed, uncooked, chilled cabbage leaf (for 20 minutes, once or twice a day)

This will decrease swelling and help promote comfort.

- When bathing, wash nipples and breasts with water only. Soap can dry the skin.
- Glands in the areola, the darkened part around the nipples, produce natural oils to keep nipples soft and clean.
- Some women are more comfortable wearing a bra, as their breasts are larger and heavier. Choose one that fits well and has wide shoulder straps. You may find it comfortable to wear a bra at night. If you're using breast pads avoid those that have plastic backing.
- After breastfeeding, express some breast milk onto the nipples and the dark area around them to help protect the skin. Let the milk dry.


Caring For Nipples That Are Sore

1.

- There may be some nipple tenderness in the first few days after birth. This should get better each day. Breastfeeding should not be painful.
- If you feel nipple pain, check or try the following...


2. Baby is positioned properly:

- Baby's head and body are raised up to your breast.
- Baby's chest is facing your chest.
- Baby's head is tilted back and his mouth is facing your nipple.



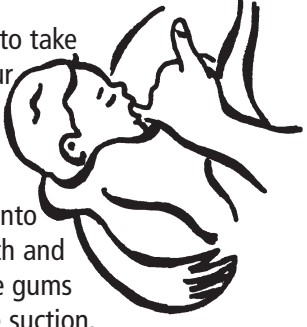
3. Baby is latched on the breast properly:

- See baby's mouth opened wide.
- See baby's lips curled out.
- See baby's chin pressed into your breast.




4.

If you want to take baby off your breast to relatch, quickly slip your finger into baby's mouth and between the gums to break the suction.




5.

After feeding, express some breast milk onto the nipples and the dark area around them. Let the milk dry before putting on your bra. Change breast pads if they become wet.



6.



Some creams and ointments may help. Ask someone from the list below who knows about breastfeeding for more information.

7.

It is best to wait until your baby has learned to breastfeed before giving a bottle or soother. This often happens by 4-6 weeks. Offering your baby a bottle of formula or breast milk at any age can affect your baby's interest in breastfeeding and your milk supply.

Also try:

- Nursing on the less sore breast first.
- Nursing more frequently. Nurse as soon as your baby is interested.

TIP Get help right away if:

- Your nipple is still painful after checking that your baby is positioned and latched on the breast properly.
- If you have shooting knife-like breast pain or have itchy red nipples.
- A public health nurse, lactation consultant or La Leche League leader can give you more information