

Southern Nevada

The Barbara Greenspun WomensCare Center of St. Rose
Dominican Hospitals
IBCLCs & CLCs available
Low cost private consults, classes, pumps, & bras
702-616-4908

Summerlin Hospital
IBCLC available
Warmline phone counseling
702-233-7542

Mom's Special Gift
IBCLCs & CLCs available
Medicaid only private con-
sults, breast pumps
702-257-5583

Northern Nevada

Renown Health
IBCLCs available for phone consultation **775-982-5483**
24 hr Health Hotline (Nurses available to answer Breastfeeding
questions)
775-982-5757

Carson Tahoe Regional Healthcare
Breastfeeding Center staffed by IBCLCs-Internationally
Certified Lactation Consultants and Certified Lactation Educators:
775-885-4748.

The Center also offers educational films and literature and
breastfeeding support equipment
Breastfeeding Support Hotline:
775-885-4748.

What else should I know?

- Your nipples will be slightly tender. If you have concerns, call WIC.
- Your breasts will feel more full around days 2-5 then feel less full around day 7.
- All babies have times when they want to eat more often (cluster feeding). Breast-feed at these times even if your baby was just fed-you are always making milk.
- Breastfeeding is a learning process for you and baby-it takes practice. It will get easier.
- Baby may lose some weight but should be back to birth weight by 7-10 days.



WHAT TO EXPECT IN THE FIRST WEEK OF BREASTFEEDING



What do I need to know about breastfeeding in the first week?

- Breastfeed your baby as soon as possible after birth.
- Putting baby skin-to-skin helps babies breastfeed and gain weight faster
- Your first milk (colostrum) is thick and yellowish. Even a small amount has everything your baby needs.
- Newborn babies have small stomachs and need to breast-feed often, about 8 to 12 times in 24 hours.
- You should hear or see your baby swallow after several sucks.
- Let your baby show you how long to breastfeed. Once baby has fed well on the first side and stops or lets go, burp baby and offer the second side to see if baby is still hungry
- Giving your baby a pacifier or bottle can make you produce less milk because baby does not breastfeed as often.



Your baby's stools will change:



Days 1-2
Black, thick,
and sticky



Days 3-4
Greenish to yellow
and less thick



By Day 5
Mustard or yellow,
seedy and watery

...AND your baby will have more and more wet diapers (see chart on next page).

How do I know my baby is getting enough milk?

- You can tell your baby is getting enough milk by the number of diapers baby uses.
- The chart (below) shows the number of diapers your baby should use in the first week.
- It is okay if your baby uses more diapers than shown below, but if your baby uses less, call your doctor.

Circle how many diapers your baby uses:

Baby's Age	Wet Diapers	Dirty Diapers
1 Day Old		
2 Days Old		
3 Days Old		
4 Days Old		
5 Days Old		
6 Days Old		
7 Days Old		

When should I call my doctor?

- Baby has a dry mouth
- Baby has red colored urine
- Baby has yellow skin (jaundice)
- Baby does not have enough wet or dirty diapers (see chart)
- Baby will not wake up to eat at least 8 times in 24 hours