

**BREASTFEEDING BASICS**



**FOR YOUR FAMILY**

This toolkit was developed by the Asian Southeast Asian Pacific Islander Breastfeeding Taskforce (ASAP!) and Asian Health Services (AHS) in Alameda County, California.

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13 - 15 Week Visit



# KEY POINTS

- Feed the baby
- Move the milk
- Support the mother

1

Have you thought about how you'd like to feed baby?

2

How do you intend to feed this baby?

If this is not your first baby, did you breastfeed your previous child or children?

3

Do you have any questions or concerns?



## BREASTFEEDING BENEFITS

- Benefits for Baby
  - Healthy brain development
  - Strong immunities
  - Less constipation
  - Less risk of asthma, diabetes, and obesity
- Benefits for Mother
  - Recover from childbirth faster
  - Helps parents get to know their baby faster
  - Less risk of diabetes, breast cancer, ovarian cancer, and postpartum bleeding

1

Every time you breastfeed your baby, you are giving their immune system a little boost as well as health benefits that can last their lifetime.

2

Breastfeeding is great for your health as well as your baby's health.

3

Do you have any history of female cancers or diabetes in your family? Breastfeeding is a great way to reduce your risk of those things.



# RISKS OF FORMULA

- Formula fed babies are:
  - More likely to get diarrhea, lung infections, constipation, ear aches
  - More likely to have problems with obesity, eczema, asthma, diabetes, allergies, cancer.





1

Formula is difficult to digest and may cause baby to be constipated.



2

You may have fed your previous children formula. But, since your last baby was born, we have learned some amazing things about breastfeeding and breast milk.



20 - 28 Week Visit



## FIRST MILK: COLOSTRUM

When the baby is born, the first milk for baby is called colostrum. This is a very small amount of milk that will give baby a lot of protection from sickness.

1

Colostrum is your baby's first milk. It acts as your baby's first immunization and is concentrated with proteins and vitamins.

2

Many mothers are nervous they don't have enough milk to feed their babies.

3

Your body starts to make milk at 14 weeks of pregnancy. Please be assured that you already have everything baby needs for the first few days of life!



# WAKING BABY TO EAT

Mothers must wake and feed baby 8 or more times in 24 hours so that her breasts will not stay too full.



1

Newborns must eat early and often. You can't put your baby to breast too much!



2

Newborns need to eat a minimum of 8 times in a day (24 hours), but many want to eat much more! That's normal.



3

It is normal for your infant to wake and show signs they want to eat frequently. These signs include hands to mouth, rooting, and even crying. You should put your baby to breast each time you see one of these signals.



## ENGORGEMENT

After the first week, the feeling of fullness goes away and mother's breast will feel softer.





1

A few days after baby is born, your milk will transition from colostrum to mature milk.



2

When your milk transitions, the volume or amount, will also increase to meet baby's need. Some people call this your "milk coming in".



3

When your milk increases in volume, your breasts may feel full and uncomfortable. Keep putting baby to breast and this will resolve within the week.



30 - 40 Week Visit



# SKIN TO SKIN

- Skin to skin regulates baby's temperature and encourages their natural know-how to breastfeed. At birth, baby is placed naked on your skin.
- Don't forget, bath time can be delayed until after the first feeding or even until you go home!

1

Skin to skin contact, frequent feeding, and rooming-in are what babies want and need.

2

Baby should stay out of the isolette crib and on your chest; remove baby's clothes, except their diaper. Hold baby on your chest wrapped close with a blanket over both of you to keep warm.

3

Babies really need to feed off and on throughout the night in the beginning. At least 8 or more times in 24 hours. That's how they get the milk they need and stay safe close to you.

# EXCLUSIVE FEEDING



- Doctors recommend breast milk only, no formula, for 6 months.
- Continued breastfeeding for 1 year with no complementary foods before 6 months is also recommended.
- Breast milk is a complete food and also provides immunity support from mother while baby's immune system is developing.

1

Feed early and often to make milk flow.

2

Baby tells your body how much milk to make. If you give bottles in these first few days, your body may not get all the normal signs to make a full milk supply.

3

Your milk is all your baby needs for the first 6 months of life.





Postpartum



# NEWBORN FEEDING

- Frequent feeds increase milk supply
- Deep latch and good position increase baby's milk intake
- To position:
  - Start with baby's nose to mother's nipple
  - Wait for a wide open mouth
  - Baby's head tilts back
  - Hold baby close to mother



1

There are many ways to breastfeed. There is no right or wrong. Let's see what feels right for you.



2

Let's make sure baby's nose, chin, and chest are all touching you.



3

Look to make sure baby's ears, shoulders and hips are aligned.



## GETTING A STRONG START

- Exclusive and frequent breastfeeding in the first days of life will help you have plenty of milk and a happy healthy baby.
- Avoid bottles and pacifiers in the first few days of life. Giving any artificial nipples like bottles or pacifiers in the first month can keep you from establishing a good milk supply.
- If other members of the family want to help feed the baby, they can after breastfeeding is firmly established. This usually takes 3-4 weeks.



1

Starting off strong by feeding baby early and as often as they want helps to set you up for success in the days to come.



2

Your baby will likely be sleepy the first day, but they tend to wake up and want to eat on day two. Be sure to feed your baby whenever he/she shows you one of their hunger cues!



3

Giving any artificial nipples like bottles or pacifiers in the first month can keep you from establishing a good milk supply.



4

If your partner or your mom wants to help feed the baby, they can after breastfeeding is firmly established.

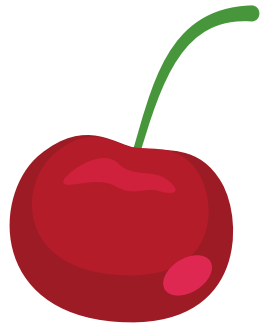


**EXPANDING THE**



**CONVERSATION**

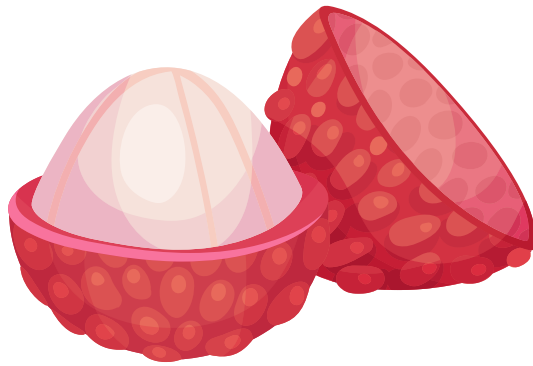
# Newborn Stomach Size



**Day 1**

**Size of a  
Cherry**

5-7mL  
about 1  
teaspoon



**Day 2**

**Size of a  
Lychee**

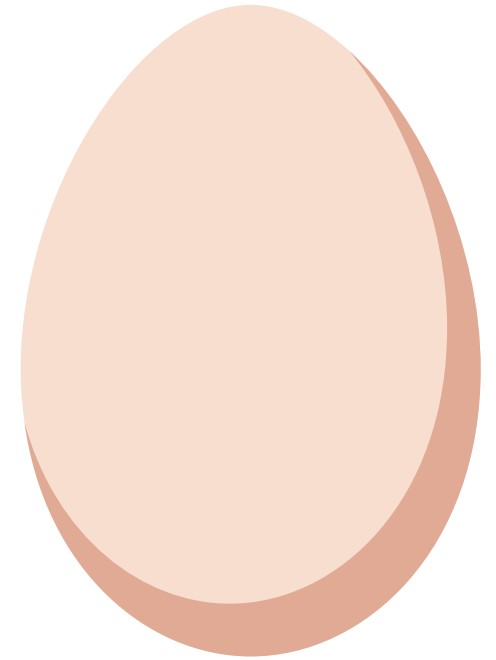
22 - 27mL  
or  
0.75 - 1oz



**One Week**

**Size of an  
Apricot**

45 - 60mL  
or  
1.5 - 2oz



**One Month**

**Size of an  
Egg**

80 - 120mL  
or  
2.5 - 4oz



# BREASTFEEDING IN THE FIRST HOURS (VIDEO)



*Scan Me!*

# POSITIONS FOR FEEDING (VIDEO)



*Scan Me!*

# IS BABY GETTING ENOUGH MILK (VIDEO)



*Scan Me!*

# HOW TO EXPRESS BREASTMILK (VIDEO)



*Scan Me!*

# WHAT TO DO ABOUT NIPPLE PAIN (VIDEO)



*Scan Me!*