Best Start Resource Centre – Prenatal Education Program

Breastfeeding Basics
Sonya and Kevin
True or False
Breastmilk is Amazing
# The Importance of Breastfeeding

<table>
<thead>
<tr>
<th>For Babies</th>
<th>For Mothers</th>
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<tbody>
<tr>
<td>• Meets the nutritional requirement for every stage of development.</td>
<td>• Helps uterus return to normal size and controls bleeding after birth.</td>
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<tr>
<td>• Promotes brain development.</td>
<td>• Helps her body return to normal.</td>
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<tr>
<td>• Decreases the risk for Sudden Infant Death Syndrome (SIDS).</td>
<td>• Protects her from breast cancer, ovarian cancer and diabetes.</td>
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<td>• Increases protection against childhood diabetes &amp; certain childhood cancers.</td>
<td>• Decreases risk for osteoporosis.</td>
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<td>• Protects against ear, stomach, and respiratory infections.</td>
<td>• Easy on the budget and the environment.</td>
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<td>• Promotes healthy tooth and jaw development.</td>
<td>• Less likely to miss work for a sick baby.</td>
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<tr>
<td>• Decreases risk of childhood obesity.</td>
<td>• Is convenient and portable.</td>
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</table>
Current Recommendations

- Exclusive breastfeeding for the first six months of life.
- Introduction of solids at six months of age.
- Continued breastfeeding to two years and beyond.
Risks of Formula Feeding

Formula* fed infants are more at risk for:

- Childhood illness and disease.
- Upsets of the stomach and gut, causing diarrhea or later bowel problems.
- Sudden Infant Death Syndrome (SIDS).
- Obesity and chronic diseases later in life.
- Some childhood cancers.
- Cavities.

*These risks are for all types of formulas, including organic.
Making an Informed Decision

- Know the importance of breastfeeding.
- Know the risks of formula feeding.
- Discuss your options with your health care provider.
- Learn about resources in your community to support you.
Substances and Mother’s Milk

Substances to consider:
- Alcohol
- Caffeine
- Medications/Drugs
- Tobacco
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Supporting Breastfeeding

Who can support a breastfeeding mother?
- Partner
- Extended family members
- Friends
- Peer support
- Health care providers
How Can the Partner Help?
Skin-to-skin right after birth will help baby:

- Latch on and latch on well.
- Maintain body temperature.
- Maintain heart rate, respiratory rate, and blood pressure.
- Have a normal blood sugar.
- Cry less.
- Breastfeed exclusively and breastfeed longer.
Colostrum-Liquid Gold

- antibodies
- protein
- free
- immunity
- laxative
- digestion
Starting Out Right: Keep Your Baby Close
Starting Out Right: Breastfeed Exclusively and Often

- Feed often (at least eight times in 24 hours).
- Avoid supplements.
- Avoid artificial nipples and pacifiers.
- Watch your baby, not the clock.
Position Basics

- Mother and baby are well supported.
- Tummy to tummy.
- Head, shoulder and hip in straight line.
- Baby is brought to the breast, not the breast to the baby.
Latch Basics

- Mouth is open wide
- Lower lip covers more of the areola than the upper lip.
- Chin is pressed into the breast and the tip of baby’s nose lightly touches the breast.
- Cheeks appear to be full and rounded (not dimpling in).
- Mouth does not slip off the breast.
- The ears or temple are moving while baby sucks.
Baby-led Latching
Cue-Based Feeding

- Early cues: “I’m hungry.”
- Mid cues: “I’m really hungry.”
- Late cues: “Calm me, then feed me.”
Hand Expression

Used with permission, Stanford School of Medicine, newborns.stanford.edu/Breastfeeding
Is Baby Getting Enough?

**Guidelines for Nursing Mothers**

<table>
<thead>
<tr>
<th>Your Baby’s Age</th>
<th>1 Day</th>
<th>2 Days</th>
<th>3 Days</th>
<th>4 Days</th>
<th>5 Days</th>
<th>6 Days</th>
<th>7 Days</th>
<th>2 Weeks</th>
<th>3 Weeks</th>
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<tbody>
<tr>
<td><strong>How Often Should You Breastfeed?</strong>&lt;br&gt;Per day, on average over 24 hours</td>
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<td>At least 8 feeds per day. Your baby is sucking strongly, slowly, steadily and swallowing often.</td>
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<thead>
<tr>
<th>Your Baby’s Tummy Size</th>
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<tbody>
<tr>
<td>Size of a cherry</td>
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<tr>
<td>Size of a walnut</td>
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<tr>
<td>Size of an apricot</td>
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<tr>
<td>Size of an egg</td>
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<table>
<thead>
<tr>
<th>Wet Diapers: How Many, How Wet&lt;br&gt;Per day, on average over 24 hours</th>
<th>1 Day</th>
<th>2 Days</th>
<th>3 Days</th>
<th>4 Days</th>
<th>5 Days</th>
<th>6 Days</th>
<th>7 Days</th>
<th>2 Weeks</th>
<th>3 Weeks</th>
</tr>
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<tbody>
<tr>
<td>At least 1 WET</td>
<td>At least 2 WET</td>
<td>At least 3 WET</td>
<td>At least 4 WET</td>
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<td></td>
<td></td>
<td></td>
<td>At least 6 HEAVY WET WITH PALE YELLOW OR CLEAR URINE</td>
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<tr>
<th>Soiled Diapers: Number and Colour of Stools&lt;br&gt;Per day, on average over 24 hours</th>
<th>1 Day</th>
<th>2 Days</th>
<th>3 Days</th>
<th>4 Days</th>
<th>5 Days</th>
<th>6 Days</th>
<th>7 Days</th>
<th>2 Weeks</th>
<th>3 Weeks</th>
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<tbody>
<tr>
<td>At least 1 to 2 BLACK OR DARK GREEN</td>
<td>At least 3 BROWN, GREEN, OR YELLOW</td>
<td>At least 3 large, soft and seedy YELLOW</td>
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| Your Baby’s Weight | Most babies lose a bit of weight in the first 3 days after birth. | From day 4 onward, most babies gain weight regularly. |

| Other Signs | Your baby should have a strong cry, move actively and wake easily. Your breasts feel softer and less full after breastfeeding. |

Breast milk is all the food a baby needs for the first six months.
You can get advice, help and support from:
- Your health care provider.
- Telehealth Ontario’s specialized breastfeeding services support line at 1-866-797-0000 or TTY at 1-866-797-0007.
- Bilingual Online Ontario Breastfeeding Services directory at www.oniobibreastfeeds.ca.
Eating Patterns Game
For More Information

- Public Health Nurse
- Health Care Provider
- Breastfeeding Clinic
- Hospital/Birthing Centre
- Peer-to-peer Support Program
- Certified Lactation Consultant
- Breastfeeding/Lactation Educator
- La Leche League
- Motherisk
- Bilingual Online Ontario Breastfeeding Services (www.ontariobreastfeeds.ca)
- Breastfeeding Information (www.breastfeedinginfoforparents.ca)
- BreastFeeding Inc (www.breastfeedinginc.ca)