

# Congratulations on the birth of your baby!

For Lactation Help while at the hospital Call : **7344** or **7343** or **7331**  
from your room phone or push nurse call button and tell them you need to see Lactation.

Our Lactation staff will visit you and your little one while you are here at the hospital to make sure breastfeeding or pumping is getting off to a good start. All our nursing staff are trained to help you with getting your baby to latch, knowing if you need to pump, and answering basic breastfeeding questions. Make sure you ask for help if you experience latch issues, soreness, or any questions you might have. One of the lactation nurses will visit you and your newborn each day to see how feedings are going and review any issues. They will discuss things you need to know, discuss follow up appointments, or feeding plans if needed before you discharge. Follow up appointments in the Lactation Office are offered for all first-time moms or any mom having breastfeeding concerns. Those can be scheduled before discharge or by calling us after you go home. All moms are welcome to schedule an appointment with one of our Lactation Specialists at any point in their breastfeeding journey. Just call or text us to schedule an appointment.

## Getting started with breastfeeding:

- Lots of skin to skin time

### The Benefits of Skin-to-Skin

Babies need lots of skin-to-skin time with mom and dad in the hospital and at home.

### Skin-to-skin time:

- Calms you and baby.
- Helps baby cry less.
- Releases hormones that relieve stress and stabilize baby's temperature, breathing rate, heart rate, and blood sugar.
- Releases a hormone that lowers mom's stress and promotes healing.
- Helps your colostrum (*the first milk that is full of nutrients that protect baby*) to flow more easily.
- Boosts baby's immune system and protects against illness and disease.
- Builds a strong brain through the smells, textures, and sounds the baby experiences while he/she is on mom or dad's chest.
- Helps baby gain weight faster.
- Helps mom breastfeed longer by building her milk supply and making her bond with baby stronger.
- Lowers mom's risk of postpartum mood disorder.
- Creates connections between mom, dad, and baby that last a lifetime.
- Gives mom a chance to rest or take a break.

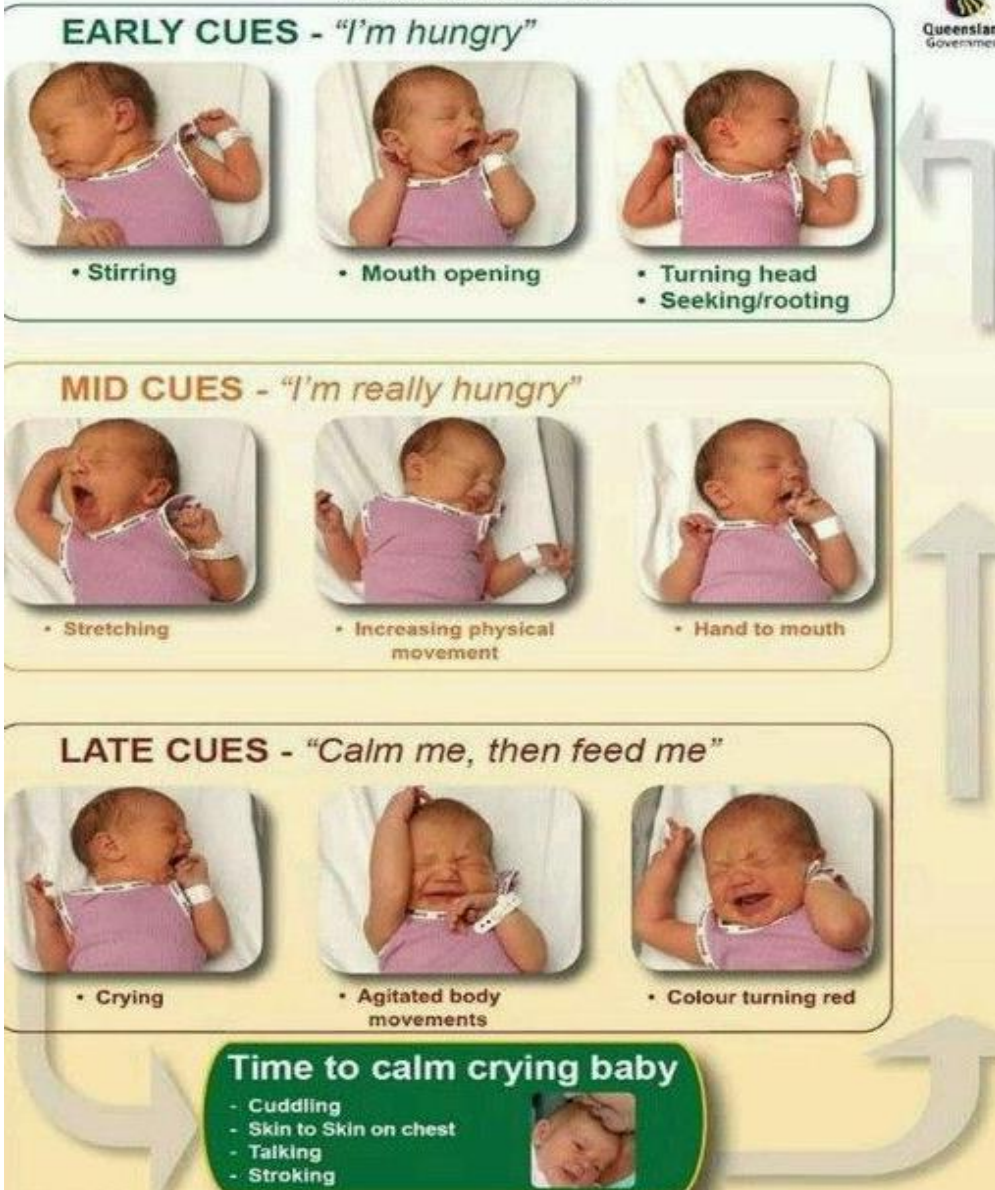


Our New Mom's Handbook in your red folder has lots of resourceful information about caring for you and your baby.

We want to point out certain pages dealing with breastfeeding.



- Pg e.13 - Healthy eating while breastfeeding
- Pg. 18 - Skin to Skin contact
- Pg. 20 - Jaundice
- Pg. 36 - Milk production
- Pg. 37 - Getting ready to feed
- Pg. 38 - Newborn feeding patterns
- Pg. 39 - Cluster feeding
- Pg. 40 - Common concerns
- Pg. 41 - Mastitis, medication, smoking, etc.
- Pg. 42 - Hand expression
- Pg. 43 - Pumping & milk storage



The infographic is divided into four horizontal sections, each with a title and three photographs of a baby in a purple onesie. The first section, 'EARLY CUES - "I'm hungry"', shows a baby stirring, opening their mouth, and turning their head. The second section, 'MID CUES - "I'm really hungry"', shows a baby stretching, increasing physical movement, and putting their hand to their mouth. The third section, 'LATE CUES - "Calm me, then feed me"', shows a baby crying, agitated body movements, and turning red. The final section, 'Time to calm crying baby', lists 'Cuddling', 'Skin to Skin on chest', 'Talking', and 'Stroking' with a small photo of a baby being held.

**EARLY CUES - "I'm hungry"**

- Stirring
- Mouth opening
- Turning head
- Seeking/rooting

**MID CUES - "I'm really hungry"**

- Stretching
- Increasing physical movement
- Hand to mouth

**LATE CUES - "Calm me, then feed me"**

- Crying
- Agitated body movements
- Colour turning red

**Time to calm crying baby**

- Cuddling
- Skin to Skin on chest
- Talking
- Stroking

- **Look for Feeding cues:**  
Even rapid eye movement and beginning to stir in crib are early signs that baby is ready to feed.
- **Feeding cues:**  
Rooting, sucking hands, looking around, wide-eyed, making mouthing motions, rapid eye movement.
- **Cluster feeding is normal.**
- **Practice different positioning to see what works.**
- **Learn to stimulate baby to stay engaged in suckling:**  
tickle under the chin, pull on arm, wipe down with wet cloth, hand expression.

## Stomach capacity of the Newborn

First 24 hours.....no more than 15 ml-----less if nursing baby first

24-48 hours.....15 to 30 ml -----may need to try shield or pumping at this point if not nursing well

Over 48 hours.....20-40 ml gradually increasing over course of first few days home

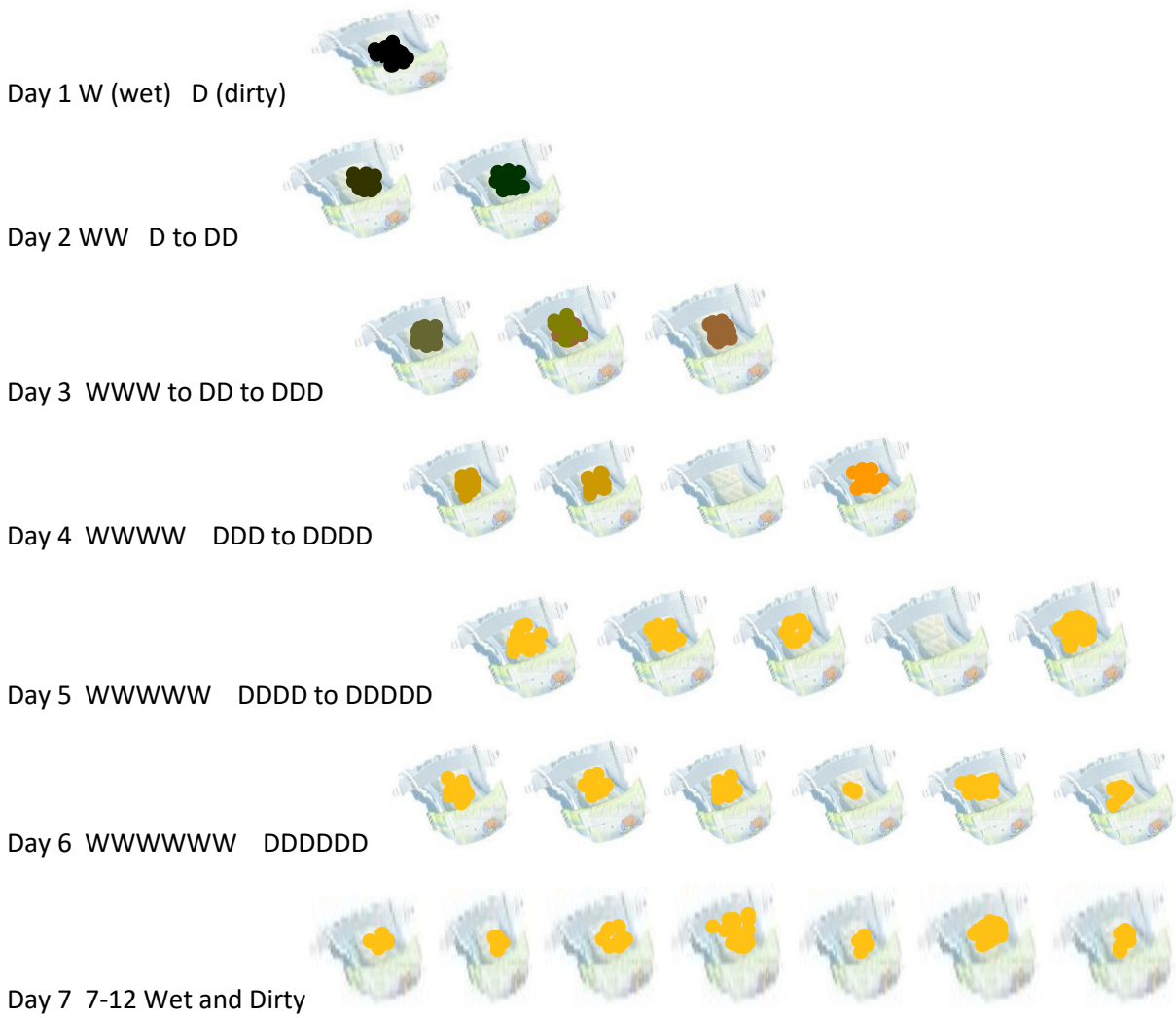
## How do I know my baby is getting enough?

If baby is suckling and you can see swallowing, baby is having adequate diapers, and baby's weight does not drop more than 7%, you can know baby is getting what is needed in the first few days.

We expect babies to lose weight in the first few days. Babies should be back to birth weight by about 2 weeks of age. Your full more mature milk comes in around day 3 to day 5. You may begin to feel very full and your breasts may begin to leak milk especially as baby suckles on opposite side.

After baby feeds you should feel your breasts soften and then fill up again by next feeding time.

## Here's what to expect in diapers to know baby is getting enough in first few days



Expect 7-10% loss in weight for your baby in first few days as baby learns to adapt to life outside the womb. The body naturally puts on extra fluid prior to delivery and baby is going to normally lose some of that fluid weight in first few days. We watch weight with you and advise if pumping or supplemental feedings are needed. Most babies do not get back to birth weight until 2 weeks old.



WIC can help with electric pumps for moms with NICU babies. Moms may get hand pumps from WIC.

We will get you pumping if we feel there is a need for you to such as: preterm or low birth weight, multiples, baby in NICU or cannot nurse for some reason, history of breast surgeries, inadequate diaper count, poor latch after 24 hours, weight down by 8%.

Usually hospital grade pumps will be used at the hospital and we will discuss options for pumping at home.

Single user electric breast pumps are covered by many insurance plans. Hospital grade pump rentals for home use are covered by some insurance companies for babies in NICU or with certain feeding issues. Prescriptions are required for each from your OB doctor.

## CALL ONE OF OUR LACTATION STAFF ONCE HOME IF YOU NEED ASSISTANCE.

Office number is:

**(334) 528-3709**

Leave a voicemail if not answered please! If you need an answer more quickly or if staff have not responded to your voicemail in a timely manner, please feel free to call or text one of our cell phones.



### **CALL/TEXT CELL NUMBERS FOR BREASTFEEDING HELP:**

Angela Hamby **(334) 332-1833**

Cheryl Adams **(334) 707-2409**

Liz Puent **(850) 624-2545**

Ose Martinez **(423) 693-5267**

## Support Groups:

### **EAH Breastfeeding Support Group**

meets Thursday 12-2 on 3<sup>rd</sup> Floor

### **Women's Hope Medical Center**

in Auburn offers a Mom's Support Group  
twice a month for weight checks  
6-7 pm 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays.

### **Auburn Opelika Breastfeeding Mommies**

is a Facebook group for area moms to help each other out and ask questions of our lactation staff. Please join and watch for updates on events and support systems in our community. It is a closed group, so you must request to join.



## Websites for New Moms:

[Kellymom.com](http://Kellymom.com)

[Breastfedbabies.org](http://Breastfedbabies.org)

[Babycenter.com](http://Babycenter.com)

[Birthandbaby.com](http://Birthandbaby.com)

[Milkology.org](http://Milkology.org)

[www.firstdroplets.com](http://www.firstdroplets.com)

[Breastfeedingonline.com](http://Breastfeedingonline.com)

[Breastfeeding.com](http://Breastfeeding.com)

[CDC.org](http://CDC.org)

[Womenshealth.gov](http://Womenshealth.gov)