

NAIDA'S GUIDE TO THE FIRST 3 DAYS



CONTACT INFORMATION

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WHAT I WOULD WANT PARENTS TO KNOW

- Breast stimulation in the first hour matters a LOT. If baby comes out and latches right on great, but if in a half hour if baby is still not latching hand express and feed by spoon.
- Always wash your hands before breastfeeding.
- Wake baby to feed every 2 to 3 hours until they are back to their birthweight
- Until your milk is in, end every feed with 5-10 minutes of hand expression and feed the extra colostrum to baby
- Always feed baby in just a diaper until they are back to their birthweight
- Always offer both breasts at each feeding
- Use breast compressions (squeeze your breast) while feeding to help empty the breast until baby is back to birthweight.
- Breastfeeding is a learned skill for you and baby. You wouldn't expect your 3 year old to ride a bike perfectly on the first try. It is the same with feeding your baby. You both will learn!
- If you experience difficulty or separation the most important thing is to move the milk. If pumping squeeze your breast while you pump.
- How soon milk comes in and how much comes in is related to breast stimulation from a suckling baby and hand expression in the first 24 hours.
- You are enough and your baby loves you.
- it is normal to feel like this is a big job at first. But by 2 weeks most ALL breastfeeding challenges are resolved.
- If feeding is taking more than 30-40 minutes baby may be sleeping a lot while feeding. Make sure baby is actually eating while at the breast.

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WHAT BABY WANTS ME TO TELL YOU

- I am tired from labour too!
- This is a big new world. I am happiest on your chest with my ear on your heart-I remember the sound of your heartbeat is one of the first sounds I heard. I like getting skin to skin snuggles from other family members too.
- Learning to eat can sometimes be challenging. I like when you hum while we practice breastfeeding it helps me stay calm.
- The sound "sh sh sh" is very calming to me as it sounds like blood rushing in and out of the umbilical cord-I listened to it a lot in your tummy.
- I appreciate when you give me snacks so that I have energy to learn more about feeding (hand expressed colostrum)
- I am so happy that you are my parent.
- Feeding will get easier for both of us

HOW TO KNOW MY BABY IS GETTING ENOUGH

- Baby's pee and poop is a great clue about how much baby is getting. So celebrate changing baby's poopy diapers! You will also learn what your baby's swallows sound like.