

Breastfeeding Basics

with



Nurture + Nourish
Nutrition

Breastfeeding 101

How much milk does baby need?



Day 1
Cherry
5-7ml



Day 3
Walnut
22-27ml



Week 1
Apricot
45-60ml



Week 2+
Egg
80-150ml



week 1



week 1-2



week 2+

See back for
tips on handling
engorgement



Keep **Prolactin** (the milk making hormone high) by breastfeeding or pumping every 2-3 hours at the start. Try not to go longer than 4 hours once a night.

Many factors impact milk volumes.

Get help within the first 6 weeks if you're worried about your supply. The sooner, the better!

How do you know baby is getting enough?

Intake

- 8-12 feeds per 24 hours
- 10-15 minutes per side
- Offer both sides

Infant is satisfied
Breasts feel softer after
Not evenly spaced
About every 1-3 hours
No longer than 4 hours at night



Output



Day 1 - 1 wet & 1 poop
Day 2 - 2 wet & 2 poop
Day 3 - 3 wet & 3 poop
Day 4 - 4 wet & 4 poop

After day 5:
6 wet & 3 poop per day

Weight Gain

Weight Loss of 7-10% by the day 2-4

Regain at 0.5-2oz per day. Return to birth weight by 2 weeks.

Schedule a weighted feed to check in!



There's lots of reasons to ask for help!
Let's work together



- High risk for lactation challenges? (PCOS, Diabetes, Gestational Diabetes, Thyroid Conditions, Preeclampsia, Cesarean, etc.)
- Pump fitting and pumping plan?
- Nipple pain or damage?
- Latching issues?
- Clogged ducts?
- Repeat mastitis (painful/swollen breasts + flu like symptoms or redness accompanying)?
- Low supply (unsatisfied/fussy baby at the end of feeds or weight isn't trending correctly)?
- Oversupply (baby pops on/off the breasts, coughing/choking during feed, excess spit-up)?
- Infant breast milk or formula intolerance?
- Infant tongue-tie concerns?

Achieve Your Breastfeeding Goals - Get Help Early!

This handout provides general nutrition information and is not intended to replace individualized medical or nutrition advice. Please consult your healthcare provider for recommendations specific to your needs.

What should you have on hand?

Just a few items and the right help is all you need to to achieve your breastfeeding goals.

Breast Pump

Most insurance plans allow you to order a breast pump after 30 weeks of pregnancy.

Wearable pumps are not recommended if you'll only have one pump available after delivery.

Spectra S1 or S2
typically covered by insurance
and has the best reputation.



Be sure you have the correct flange size. I can help!

"My Brest Friend"



Or other firm foam
breastfeeding pillow

Icing Supplies



Bamboobies



Bottles

Wide-mouth bottles like:

Philips Avent

Lansinoh

Mam Bottles

Comotomo

Slow flow nipple

Size 1 or less

Use Paced Bottle Feeding



Nipple Care Supplies



Avoid Lanolin

You Don't Need:



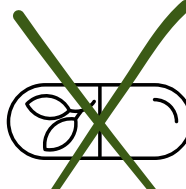
Haakaa



Silver
Nipple Shields



Massager



Most
Supplements

Arizona Breastfeeding Hotline

Ph: 1-800-833-4642

Available 24 / 7 / 365

English & Spanish

Engorgement (Swollen Breasts) Do's & Don'ts

DO

- Continue to remove milk normally - no more and no less. Breastfeed on demand or pump every 2-3 hours in the early weeks
- Ice breast tissue for 20 minutes as many times as you can in a day
- Take an anti-inflammatory like Ibuprofen
- Use lymphatic drainage to support breast tissue in removing extra fluid

DON'T

- Massage your breast tissue with firm or deep pressure
- Apply heat without also using ice most of the time
- Add extra pumping to drain the breast
- Wait to contact your doctor if your breast tissue is red, too painful to breastfeed, or you have fever and flu like symptoms

Find a feeding method that works for you and your family.

Breast, Bottle (Breastmilk or Formula), or Both!



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