

WIC Breastfeeding class

- Introduction and history
- How does breastfeeding work?

Changes in breast

Hormone cycle

milk production

milk release

- Latch on
Skin to skin contact with every feeding possible

Positioning/holding of baby

Laid back, Cradle, football, lying down

Tummy to tummy, point nipple to baby's nose (roof of mouth)

Express milk on nipple and tickle lips

With mouth open, pull baby to breast chin first so nipple is pointing toward roof of mouth

Baby's chin should be pressed into breast. Nose will be clear of breast or slightly touching

There should be no pain during any time of breastfeeding (on or off)

If so, break seal and keep trying

- Feeding schedule
Eats every 1-2 hours in first couple months
goes longer as stomach grows
look for "suck, suck, swallow" pattern
lips curl outward
softer breasts when feeding done
baby done eating when pulls him/herself off or is "milk drunk". Always offer other side
if falling asleep on breast, do breast compressions
will see 2-3 dirty and 5-6 wet diapers a day. Look for mustard yellow color, and seedy stools. Light yellow urine, should not be dark.

In first 3 weeks after birth, avoid using pacifiers and bottles

- “rooming in” after birth
Feed within 1-2 hours of birth

Feeding cues

Smacking lips or sucking sounds

Hands to mouth

Rooting

Wandering eyes/moving head side to side

Crying-last resort-learn to feed before this happens

Things that delay milk production:

C-sections

Obesity and Type 1 Diabetes

Hypothyroidism

Women over 40

- DVD
- Pumps and breastfeeding accessories
Breastfeeding in public
- Question and Answer

Make it a goal to breastfeed for one month!

Please visit our breastfeeding Facebook page at:

<https://www.facebook.com/WoodCountyBFF>

WIC Breastfeeding Peer Helper after hours number 419-601-3903

La Leche League warm line: 419-531-1044

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