

# EVERYTHING YOU NEED TO KNOW ABOUT BREASTFEEDING BASICS

## HOW DO I KNOW IF MY BABY IS GETTING ENOUGH MILK?

Look for these signs that your baby is getting milk while at the breast/chest:



When latched at the breast, does baby have active jaw movements and audible swallows?

Do your breasts feel full prior to the feed and softer after?

Does your baby seem satisfied after feeds (relaxed, falls asleep)?

Is your baby having enough wet and dirty diapers? (See chart)

But most importantly, is baby gaining weight consistently? (~1 oz./day after day 3 of life?)

## LATCH & POSITIONING

### INSTINCT

Newborns can instinctually make their way to the breast/chest when placed skin-to-skin after birth



### AIM

When helping baby to latch, aim your nipple at their nose. Keep baby's chin up (so swallowing is easy) and pull baby toward you by the shoulders.

### COMFORT

If latching is painful, see a Lactation Consultant for help.

### ALIGN

Baby's bottom lip should touch your breast first.

## SUPPLY & DEMAND



The more frequently your breasts are emptied, the more milk your body will make. Full breasts send a signal for the body to slow down milk production. Breastfeed early and often!

You are welcome to weigh your baby at the Breastfeeding Center any time! No appointment is needed!



AGE	MILK VOLUME/FEEDING	VOLUME/DAY	WETS/DAY	DIRTIES/DAY	STOOL COLOR
DAY 1	< 1 tsp	~ 1 oz	1	1	Black
DAY 2	< 1 tbsp	1-4 oz	2-3	1-2	Greenish/Black
DAY 3	0.5-1 oz	4-8 oz	3-4	3-4	Greenish/Yellow
DAY 4	1-1.5 oz	8-12 oz	4-6	4+	Yellow/Seedy
DAY 5-7	1.5-2 oz	12-18 oz	5-6+	4+	Yellow/Seedy
WEEKS 2-3	2-3 oz	15-25 oz	5-6+	4+	Yellow/Seedy
MONTHS 1-6	3-5 oz	25-35 oz	5-6+	4+	Yellow/Seedy

# Breastfeeding Basics

**Kathleen Rice Simpson, Patricia A.  
Creehan**



## **Breastfeeding Basics:**

**The American Academy of Pediatrics New Mother's Guide to Breastfeeding (Revised Edition)** American Academy Of Pediatrics, Joan Younger Meek, M.D., 2024-09-17 By the preeminent pediatric organization a revised and updated edition of the 13 million copy breastfeeding primer reflecting the most up to date information and statistics about the benefits of nursing and sage advice on how to establish a breastfeeding routine The organization that represents the nation's finest pediatricians the American Academy of Pediatrics AAP is the standard setter for best practices in pediatric medicine Their ever popular New Mother's Guide to Breastfeeding is the book most pediatricians recommend In 2024 they will release a newly revised policy statement on breastfeeding guidelines and includes the very latest in research on the links between breastfeeding and childhood health This comprehensive resource covers Information for mothers who are preparing for the first feeding and adjusting to home family and work as a nursing mother New research on the ways breastfeeding can stave off childhood allergies and obesity Expanded coverage of proper nutrition for nursing mothers Proven ways to establish a nursing routine and what to do when mom returns to work Information on handling special situations like premature birth and C sections Mom tested solutions to common breastfeeding challenges *Pregnancy and Birth: The Essential Checklists* Karen Sullivan, 2009-10-19 *Pregnancy and Birth: The Essential Checklists* covers everything parents need to know and more when expecting a new baby It alerts parents as to what to prepare what to buy what to ask what to do and when to do it It not only shows parents how to stay on top of everything but it also helps them to remain one step ahead The book is highly practical comprehensive and straightforward comprising essential lists of simple steps and reminders to help parents anticipate everything they need to do in pregnancy during birth and with their newborn baby Starting with what to do when the test is positive for example book to see your doctor and begin taking folic acid it takes parents right through to the essential clothes toys and equipment to buy and developmental milestones for 0 3 3 6 6 9 and 9 12 months and preparing for their baby's first birthday party It covers all the planning for the minutiae of daily life listing what to put in the pregnancy handbag and how many diapers to buy and listing everything needed for the big day for example the birth plan the birth partner's checklist reflexology for labor and what labor snacks to bring along The book takes the panic out of hospital appointments with checklists covering prenatal appointments and tests antenatal checks and baby's first health checks Included here are also essential questions to ask the doctor There are lists of questions elsewhere too for example questions to ask prospective nannies The book features a unique fill in element throughout with tick lists and space for parents to extend the lists with their own additions or further questions to ask Additionally there are places for parents to record things such as an immunization log a waking and sleeping log a visitors and presents record and a thank you letter list *Pregnancy and Birth: The Essential Checklists* is the perfect companion for time starved parents and parents to be taking the stress out of planning ahead **Nursing Diagnosis Manual** Marilynn E. Doenges, Mary Frances Moorhouse, Alice C. Murr, 2022-02-01

Identify interventions to plan individualize and document care Updated with the latest diagnoses and interventions from NANDA I 2021 2023 here s the resource you ll turn to again and again to select the appropriate diagnosis and to plan individualize and document care for more than 800 diseases and disorders Only in the Nursing Diagnosis Manual will you find for each diagnosis defining characteristics presented subjectively and objectively sample clinical applications to ensure you have selected the appropriate diagnoses prioritized action interventions with rationales a documentation section and much more

**AWHONN's Perinatal Nursing** Kathleen R. Simpson,2013-04-01 A comprehensive resource for practicing perinatal nurses Provides commonly accepted guidelines for practice as well as evidence based care Extremely useful as a clinical resource as well as staff educator s guide and textbook Co publishing with AWHONN provides additional credibility to this book

**So That's What They're For (2nd Ed)** Janet Tamaro,1998-03-01 A unique informal and informative handbook to breastfeeding that will appeal to any mother put off by the medical reference approach taken by other books on the subject So That s What They re For addresses the secret fears and stupid questions all women have but are often embarrassed or afraid to talk about Laura Haynes Collector Breastfeeding Task Force Illustrations throughout

[What To Expect The 1st Year \[rev Edition\]](#) Heidi Murkoff,2010-07-15 With over 7 million copies sold worldwide WHAT TO EXPECT THE 1st YEAR is one of the world s bestselling books on infant care and it has now been updated and revised throughout by Heidi Murkoff This comprehensive and practical month by month guide clearly explains everything parents need to know or might be worrying about in the first year with a new baby The book covers monthly growth and development feeding for every age and stage and sleep strategies that really work It is filled with the most practical tips how to give a bath decode your baby s crying what to buy for baby and when to return to work and the most up to date medical advice the latest on vaccines vitamins illnesses SIDS safety and more Featuring dozens of Q A sections as well as a first aid guide and charts on monthly growth and development feeding and sleeping habits this is the only book on infant care to address both the physical and the emotional needs of the whole family Covering the most up to date knowledge both medical and developmental WHAT TO EXPECT THE 1st YEAR is above all down to earth and reassuring and an invaluable aid for all parents of new babies

**Baby Feeding & Meal Planner 0-2 Years - Infant & Toddler Nutrition Guide** ,2026-03-01 A complete Baby Feeding Meal Planner 0 2 Years app designed for new parents to plan healthy meals feeding schedules and nutrition for their baby This app helps you with Age wise feeding guide 0 6 6 12 12 24 months Baby food charts Weekly monthly meal planners Weaning food guide Nutrition safety tips Simple and easy interface

**Counseling the Nursing Mother** Judith Lauwers,Anna Swisher,2005 Counseling the Nursing Mother thoroughly covers counseling techniques and how style and approach can enhance interactions with mothers and thus the effectiveness in helping them breastfeed By presenting topics within a counseling framework and including practical suggestions for working with mothers the reader will gain insights into applying knowledge and research into everyday practice as well as understand counseling challenges and how to meet

them **Perinatal Nursing** Kathleen Rice Simpson, Patricia A. Creehan, 2008 Co published with the Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN) this book is a comprehensive clinical resource for practicing perinatal nurses and an excellent staff educator's guide and textbook. It provides commonly accepted guidelines for practice and evidence-based care and includes algorithms to support decision making. Numerous photographs complement the text and summary boxes highlight key points. Appendices provide patient care examples and practice guidelines. This edition has been extensively revised and updated. New features include more than 650 end-of-chapter review questions and answers and selected AWHONN protocols. *Breastfeeding Handbook* Johanna Goldfarb, 1989 Abstract This handbook provides scientific information and helpful advice on the practical management of breastfeeding. This publication is intended for all mothers and the health professionals: nurses, nurse practitioners, physicians, medical and nursing students, and breastfeeding counsellors who care for nursing mothers. Topics include an overview of breastfeeding anatomy, physiology, and composition of human milk; the pharmacology of drugs and chemicals in human milk; breastfeeding advantage and issues; the hospital stay; complications in the immediate postpartum period; breast problems; the learning period; care of the breastfed baby; care of the lactating woman; the course of normal lactation; and devices and miscellaneous topics. **Breastfeeding Topics**, 1996

**The Working Woman's Guide to Breastfeeding** Anne Price, Nancy B. Dana, 1987-05 Lists the advantages of breastfeeding, offers practical advice on breastfeeding, and explains how nursing mothers can return to their careers.

Today's Moms Mary Ann Zoellner, Alicia Ybarbo, 2009-04-28 Two producers of Today share their experiences and wisdom on baby's first year along with priceless advice and anecdotes from the anchors and experts on America's number one morning show. Being a new mother can be extremely nerve-racking and exhausting, and many moms find parenting advice, comfort, and humor on the Today show. Now all that advice and more is collected in Today's Moms, a one-stop guide to everything a new mother needs to know about her baby's first year, from the best breastfeeding products to reclaiming fun and intimacy with her partner after the baby. Full of behind-the-scenes stories with moms and experts, Today's Moms provides the most up-to-date news and information with easy, entertaining ways to help mothers keep their sanity. And it's all medically reviewed by NBC medical experts Dr. Nancy Snyderman and Dr. Tanya Benenson. Contributors include Meredith Vieira, Ann Curry, Matt Lauer, Al Roker, Kathie Lee Gifford, and many others. Written in a friendly and accessible tone with straightforward, honest advice and expert information, Today's Moms will help all moms feel more confident about their first year of motherhood. **Breastfeeding Basics** Keri Girvin, 2007 Background and purpose: The American Academy of Pediatrics (AAP) 1997 recommends that infants be exclusively breastfed for the first six months, then continue breastfeeding for up to twelve months and thereafter as long as mutually desired. Breastfeeding provides many benefits to mothers and infants. The purpose of this project is to provide an educational program on breastfeeding. The information included is: a) what to expect with breastfeeding; b) how to know the baby is getting enough nutrition; c) how to handle problems; and d) where to get assistance.

with questions or concerns At the end of the program the mothers were given an instrument that evaluated their perception of the speaker s knowledge about breastfeeding how clearly the speaker communicated how helpful the information was and if they felt more confident in the ability to breastfeed should they decide to use that feeding method Results Eleven mothers participated in the program All 100% of them evaluated the speaker as very knowledgeable the information as very clearly communicated and the information as very helpful All of them reported either very much or somewhat more confident to breastfeed after attending the educational program Conclusions As health care professional nurses have an obligation to promote maintain and preserve activities that are beneficial to their clients Encouraging breastfeeding is an example of a nursing goal When mothers are provided with breastfeeding education they know what to expect how to prepare and how to handle difficulties they are more likely to feel confident in their ability to breastfeed their infant

**Breastfeeding and Human Lactation** Jan Riordan, Kathleen G. Auerbach, 1999 Lactation Breastfeeding

Healthy Foods, Healthy Kids Elizabeth M. Ward, Elizabeth Ward, 2002 The most up to date information parents can find Parents know that healthy eating habits are important But in today s fast paced world guiding children s food choices can be a full time job What s a busy parent to do In Healthy Foods Healthy Kids nutritionist Elizabeth M Ward offers easy to follow guidelines for health conscious parents This comprehensive guide is packed with nutritional information critical to a young child s formative years From a detailed look at sound food choices to helping establish a lifetime pattern of healthy living this book has it all Readers learn how to Ward off chronic diseases Feed family members of different ages Address allergies and food intolerance Select the right vitamin supplements Dine out with small children Raise a vegetarian child Added features include Sidebars highlighting topics of special interest such as information about minerals juice and caffeine as well as tips on creating a healthy lifestyle before and during pregnancy This handy book also features recipes for quick and delicious dishes kids will love including Fluffy Pancakes Baked Chicken Nuggets Mashed Sweet Potatoes and Pineapple Orange Smoothies From breastfeeding your newborn to ensuring food safety for the entire family Healthy Foods Healthy Kids makes maximum healthy and good nutrition easy to achieve

*Breastfeeding Source Book* Marilyn Grams, 1988 Abstract This book provides advice references and referrals for parents who are planning to breastfeed their baby babies Practical methods and techniques of nursing and all associated supplies and accessories are discussed This publication includes information on getting started with breastfeeding guidelines for choosing breast pumps nursing pads and accessories sources for nursing fashions and a directory of organizations throughout the U S which provide help with breastfeeding This book is useful for mothers fathers nurses doctors dieticians librarians LaLeche League leaders childbirth educators and lactation consultants

**The Beauty of Creation** Elisa Roberson, Lorinda Griffin, Michelle Hendricks, Zaakira Muhammad, 1998

Healthy Food For Healthy Kids Bridget Swinney, 1999-09-01 How to get your kids to eat right and enjoy it Hear is a guide preparing healthy meals your kids will love to eat It tells you how to teach your children

healthy eating habits and shares hints and recipes for happy mealtimes This practical book written by a mom who is also a registered dietitian offers advice on Breastfeeding when going back to work Shopping smart and setting up a healthy kid friendly kitchen Developing healthy eating habits now that can prevent heart disease cancer and osteoporosis later Managing food safety food allergies and vegetarian eating Dealing with food jags and food battles Sneaking veggies into your kids meals in a way they ll love It also provides over 100 kid tested recipes that include complete nutrition analyses

Foundations of Maternal-Newborn Nursing Elizabeth Tipping, Trula M. Gorrie, Emily Slone McKinney, Sharon S. Murray, 1998-02

## Decoding **Breastfeeding Basics**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Breastfeeding Basics**," a mesmerizing literary creation penned with a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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