



Breastfeeding

In today's culture, more women are aware that breastfeeding is the natural and healthiest way to feed a baby – yet many have not had the opportunity to see a baby feed at her mother's breast.

Breastfeeding is going places!

Be sure to view the online instructional videos showing a mom and her newborn skin-to-skin. They also show how to observe your baby's cues and breastfeed successfully.

Online Instructional Videos

These videos were developed by Region of Peel Public Health and contain information on resources specific to Peel. For information on clinics, or to make an appointment with a lactation consultant in Chatham-Kent contact the Chatham-Kent Health Unit at 519.352.7270.

Video Topics:

- | | |
|-------------------------------------|--|
| 1. Introduction | 6. Milk Supply |
| 2. Breastfeeding in the First Hours | 7. What to Do When |
| 3. Skin-to-skin with Baby | 8. Clinic Tour |
| 4. The Latch | 9. Breastfeeding Your Baby after a Caesarean Birth |
| 5. Breastfeeding Positions | |

Videos available at www.peelregion.ca/health/family-health/breastfeeding/resources/video/index.htm

Skin-to-Skin Contact for You and Your Baby

Bringing your baby skin-to-skin right after he is born is a natural way of welcoming your baby with gentle touch and soft words. Your health care provider will dry your baby and place him on your chest with a warm blanket over his back to snuggle with you. Dad can snuggle skin-to-skin too.

Research has shown that skin-to-skin is the best place for your baby to adjust to life in the outside world.





Becoming a parent is full of new experiences and many questions. Skin-to-skin is a natural and healthy way to take time in your busy day to relax and enjoy your new baby.

Baby-Friendly

Chatham-Kent Public Health is Baby-Friendly. Watch our videos to see what [Baby-Friendly](#) means to us.

The Baby-Friendly Initiative is a global campaign that aims to protect, promote and support breastfeeding all around the world. It was created by the World Health Organization and the United Nations Children's Fund.

Benefits of Skin-to-Skin During the First Hour

- Babies are warmer and calmer – they cry less and have more restful sleep.
- Their heart rates and blood sugars are more stable.
- Skin-to-skin babies follow a natural sequence of movements toward mom's breast. They are drawn by smell, touch and taste to mom's nipple, providing the best start to breastfeeding.
- The maternal hormone oxytocin is stimulated by skin-to-skin contact and breastfeeding. It relaxes mom, helps her uterus to contract normally and her breastmilk to flow.
- Mom's soothing touch and affection during skin-to-skin are natural expressions of her love and help develop a secure emotional attachment to her baby that will last a lifetime.

Skin-to-Skin Beyond the First Hour

Continue making time to snuggle skin-to-skin with your baby. It will help keep your baby interested in breastfeeding if he is sleepy. Research shows that babies of all ages, including preterm, benefit from skin-to-skin.

Exclusive Breastfeeding

Exclusive breastfeeding means your baby receives only breastmilk. The Canadian Paediatric Society and Health Canada recommend exclusive breastfeeding for the first six months of life.

Why do experts recommend exclusive breastfeeding?

For Babies

- Your breastmilk is perfectly made to be your baby's only food for the first six months.
- Breastmilk contains immune factors that will help your baby fight germs. These factors are not present in formula.
- Your breastmilk will change as your baby grows whereas formula stays the same.
- Breastmilk coats the inside of your baby's stomach and intestines reducing the risk of infection.
- Babies who are exclusively breastfed stay healthier than babies who are given both formula and breastmilk.

For Mothers

- More calories are used in making breastmilk helping mothers to lose pregnancy weight more quickly.
- Mothers who exclusively breastfeed often go longer without a menstrual period. Exclusive breastfeeding can provide some natural form of birth control by following the [Lactational Amenorrhea Method](#).
- Exclusive breastfeeding gives greater protection for mothers against breast cancer, ovarian cancer and osteoporosis.

More Information: Lactational Amenorrhea Method: <http://www.waba.org.my/resources/lam/>



How can I be sure my baby will get enough breastmilk?

Signs that your baby is getting enough:

- Mouth is wet, eyes are bright and alert.
- Shows feeding cues and latches well.
- Comes off the breast looking content.
- Has enough wet [diapers and stools](#).
- Has alert calm periods and periods of being active.
- Your breasts feel softer and less full after a feeding.

Why do mothers sometimes think they don't have enough breastmilk?

Frequent feeding

- Newborns have small stomachs that fill up and empty quickly. They need to feed often, sometimes every one to two hours, and at least 8 times in 24 hours.
- Babies have growth spurts and want to breastfeed more frequently during these times to increase milk supply to meet their needs.

Shorter breastfeeds

- As babies get stronger and more efficient at the breast, they feed more quickly and this is normal.

Breasts don't feel as full

- A few days after your baby is born your breasts may be very full as mature breastmilk is replacing colostrum.
- As your baby breastfeeds with a good latch, your milk production will adjust to match the amount of milk your baby needs and your breasts will not feel as full. This is normal.

You don't get much milk from pumping

- Your baby is much better at taking milk from your breasts than any pump or hand expression. This is also normal.

Crying and not sleeping

- Babies cry and awaken for many reasons, not necessarily due to hunger.

If you don't think you have enough breastmilk, talk to your health care provider or a lactation consultant at the Chatham-Kent Public Health Unit, 519.352.7270, before you decide to supplement.

Breastfeeding and....

[Alcohol](#)

[Drugs](#)

[Marijuana](#)

Managing Your Milk Supply

Getting Started

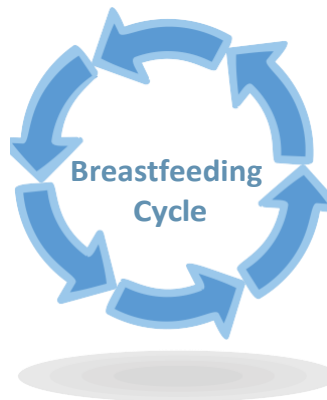
- During the first hour after birth, cuddle your baby skin-to-skin.
- Watch for cues that he is ready to breastfeed – opening his mouth, turning towards and touching your nipple, putting hands to his mouth.
- Your baby will breastfeed and receive the important first food called colostrum.

Colostrum

- Is concentrated so your baby only needs small amounts.
- Contains antibodies that protect your baby from illness.
- Coats the inside of your baby's stomach and intestines, reducing the risk of infection.

Your Body is Designed to Make Milk

- Breastfeed often.
Hormones in your body will send a signal to your breasts to make the transition from colostrum to mature milk.
- The more your baby sucks at your breast with a good latch, the more breastmilk you will make.
- Some women feel the “letdown” of milk as a tingling sensation.



When Mature Milk Comes In

- After two or three days your breasts will feel warm and full.
- Continue to feed your baby frequently.
- Your body knows how to balance your milk supply with your baby's needs.

What if I have to leave my baby?

- You may breastfeed just before you go out and immediately when you return. You may plan your return for baby's next anticipated feed.
- When planning to go out, express breastmilk using your hands or a breast pump (see Storing Breastmilk in the Breastfeeding Your Newborn chapter of the online prenatal program).
- Your baby's caregiver can use a variety of methods to feed your baby breastmilk, including cup, spoon, finger-feeding or paced-bottle feeding.
- When away from your baby, express breastmilk at least every 2-3 hours for your own comfort and to maintain your milk supply.
- The Chatham-Kent Public Health Unit can help you decide if you need a pump, discuss the types available and give you tips for using one if necessary.

What if I have to supplement my baby?

- If unable to express, and donor milk from a human milk bank is unavailable, commercially prepared formula is a safe alternative.
- For tips on preparing formula, see [Safe Food Preparation](#).
- If possible, avoid giving formula for the first six weeks until breastfeeding is well established. When your baby misses feedings at your breast, your body will make less milk.
- Formula changes the lining in your baby's intestines and does not provide the immune protection of breastmilk. If you need to give formula, return to exclusive breastfeeding as soon as possible.

Growth Spurts

These are times when your baby is growing quickly and will need to breastfeed more often. They happen at about:

- 7-10 days
- 3 weeks
- 3 months
- 6 weeks
- 6 months

Growth spurts usually last for a few days.



Hand Expression

Hand expression is the removal of breastmilk from the breast, usually by hand by the mother herself. You may wish to ask for help when learning to do this or if you are unable to hand express on your own.

Collect Equipment

- Use a large, clean container with a wide opening to collect the expressed milk.

Set-Up and Use of Equipment

- Remove your bra and any restrictive clothing.
- Wash hands thoroughly.
- Choose an environment and position that are relaxing to encourage milk flow and expression. Many mothers find it easier to express in the morning, when their breasts feel fullest or after breastfeeding baby.
- Place a warm wet towel on your breast and/or massage gently to encourage breastmilk to flow.
- Place thumb on top of breast and first 2 fingers underneath, about 1" to 1½" back from the nipple.
- Push thumb and two fingers gently back toward chest wall.
- Roll thumb and fingers forward, as if making thumb/fingerprints at the same time.
- Repeat, moving thumb and fingers around the breast; position, press back and roll forward.
- When milk flow slows, switch to the other breast and repeat sequence of position, press back and roll.
- When first learning to hand express, only a few drops may be obtained. Practice and experience will increase your flow and help you to determine how long you need to express at one time.

Cleaning

- Wash hands.
- Store and use expressed breastmilk according to the guidelines in Best Start's [Breastfeeding Matters](#)

More Information:

[Breastfeeding Support Services in Chatham-Kent](#)

Hand Expression: <http://med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html>

For More Information

Books on Breastfeeding Available in the Chatham-Kent Public Library:

The Complete Book of Breastfeeding by Sally Wendkos Olds, Laura Marks & Marvin Eiger, C2010

Dr. Jack Newman's Guide To Breastfeeding by Jack Newman (Revised Edition), 2014

Better Breastfeeding: A Mother's Guide to Feeding and Nutrition by Daina Kalnins, C2007

The Ultimate Breastfeeding Book of Answers: The Most Comprehensive Problem-Solving Guide to Breastfeeding From the Foremost Expert in North America by Jack Newman, C2006

Bestfeeding: Getting Breastfeeding Right For You: An Illustrated Guide by Mary Renfrew, C2004

The Everything Breastfeeding Book: The Helpful, Reassuring Advice and Practical Information You Need For a Comfortable and Confident Nursing Experience by Suzanne Fredregill And Ray Fredregill, C2010

Nursing Mother, Working Mother: The Essential Guide to Breastfeeding Your Baby Before and After You Return to Work by Gale Pryor, C2007

The Womanly Art of Breastfeeding by La Leche League International, C2010

The Complete Guide To Everyday Risks In Pregnancy and Breastfeeding by Gideon Koren, C2004

The Breastfeeding Answer Book by Nancy Mohrbacher And Julie Stock, C2003

Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers by Nancy Mohrbacher, 2010

Websites for Breastfeeding Information:

Chatham-Kent Public Health Unit: www.ckphu.com
Type "breastfeeding" in search bar.

Breastfeeding Online: www.breastfeedingonline.com

La Leche League International: www.llli.org

Breastfeeding after Breast and Nipple Surgery: www.bfar.org

International Breastfeeding Centre: ibconline.ca

Motherisk: www.motherisk.org

Best Start: www.beststart.org/resources/breastfeeding/index.html

Resources:

La Leche League (Mother to Mother Breastfeeding Information and Support)

LLLChathamGroup@gmail.com

www.facebook.com/lllchatham

Telehealth Ontario 24/7 Breastfeeding Support
1.866.797.0000

