



Breastfeeding

Breast Milk: The Best Source of Nutrition for Baby

Congratulations on deciding to give your baby human milk! It is the perfect food for your baby and constantly changes based on baby's growth and needs.

- Feed only breast milk to your baby until 6 months, when complementary foods are added.*
- Breast milk protects mom and baby's health long term.
- It's free and convenient.
- Mom can breastfeed for a year or longer.
- It creates a lifetime bond between mom and baby.
- Some breast milk is better than none. If you have trouble with milk supply, talk to your pediatrician about feeding options.

**Talk to your doctor before introducing water, juice, formula, cow's milk, or plant-based milk.*



What to Expect with Breastfeeding

Breastfeeding can be hard in the beginning. Your lactation consultant (breastfeeding specialist) and pediatrician can help you succeed.

- Place baby skin to skin on your chest often. Feed at first signs of hunger.
- Try different breastfeeding positions. The laid back position is often easiest at first.
- Offer each breast for 10-20 minutes; alternate breasts each feeding.
- Feed baby often if your breasts are engorged (swelling and soreness from increasing amounts of milk occurring a few days after birth and lasting about 24 hours). Use warm compresses or hand expression to help remove milk if baby is not latching well.
- **Breastfeeding should not be painful!** It often means baby is not latched deeply enough. If you have nipple pain, cracking or bleeding, get help from a breastfeeding specialist.



Clutch or "football" hold



Laid-back or straddle hold



Cross-cradle or transitional hold



Side-lying position



Cradle hold

<https://wicbreastfeeding.fns.usda.gov/5-breastfeeding-holds-try>

SIGNS OF HUNGER:

- Flexes fists
- Sucks on fist
- Smacks lips
- Makes fussy sounds
- Turns head
- Restless after waking
- Crying is a very late hunger cue. Look for signs above for feeding.

SIGNS OF FULLNESS:

- Relaxes
- Closes lips
- Stops sucking
- Spits nipple out
- Turns head away

Tips for Making Enough Milk

- Feed baby often (8-12 times per day in the beginning).
- Get comfortable! The more relaxed mom is, the easier the milk comes out.
- Stay hydrated with water and eat healthy snacks (an extra 500 calories per day are needed).
- The more milk is removed from the breast, the more milk is made.



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Mom's Health

- If you are on a medication, tell your doctor and check https://www.nlm.nih.gov/toxnet/Accessing_LactMed_Content_from_NCBI_Bookshelf.html
- No smoking is best for you and baby. But, if you can't quit, breastfeeding is still recommended. It protects your baby from health problems, including lung infections and sudden infant death syndrome (SIDS).
- Avoid alcohol. If you do have a drink, wait to breastfeed for 2-3 hours.
- Breastfeeding is not advised if you are using illicit drugs like marijuana, cocaine, heroin, etc.
- You can safely breastfeed if you are in a medically-supervised methadone treatment program.
- It is safe for mom to breastfeed if she has Hepatitis B or Hepatitis C; however, she should not provide breast milk to her baby if she has HIV.



Tips for Expressing and Storing Breast Milk

- Wash hands with soap and water or use hand sanitizer before feeding baby or pumping.
- Only store pumped milk in bags or bottles designed for that purpose.
- Before storing, write the date the milk was expressed.
- Freeze in small amounts (2-4 ounces).

Returning to Work

- Make a plan for pumping before you return to work.
- A federal law requires employers to provide breastfeeding women with time and a private space (not a restroom) to breastfeed during working hours.
- Get a good pump. They are available through local hospitals, private insurance, and Medicaid.
- To see if you qualify for a pump, contact WIC at 1-800-755-GROW(4769), or your local Ohio lactation consultant at: <http://www.ohio-olca.org/>
- Talk to your child care providers about paced bottle feeding, milk storage, and feeding schedules.

Ohio AAP PMP Mobile App

Search Parenting at Meal and Playtime on Apple Store or Google Play



App Highlights...

- Physician-endorsed materials for parents to access on-demand
- Resources for parents organized by age
- Text reminders sent monthly and/or for age milestones
- Easy sign-up
- Videos on feeding, play, nutrition and more



HUMAN MILK STORAGE GUIDELINES

Type of breast milk	Storage Location and Temperatures		
	Countertop 77°F (25°C) or colder <i>(room temperature)</i>	Refrigerator 40°F (4°C)	Freezer 0°F (-18°C) or colder
Freshly expressed or pumped	Up to 4 hours	Up to 4 days	Within 6 months is best, up to 12 months is acceptable
Thawed, previously frozen	1-2 hours	Up to 1 day (24 hours)	NEVER refreeze human milk after it's thawed.
Leftover from a feeding (baby didn't finish bottle)	Use within 2 hours after the baby is finished feeding.		

https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm

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