

## Infant Nutritional Facts

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Mon General Hospital promotes, protects and supports breastfeeding. We follow the American Academy of Pediatrics and the World Health Organization's guidelines that recommend exclusive breastfeeding.

Our breastfeeding class helps empower families to know when breastfeeding is going well or when they may need more assistance.

After birth, our educated staff helps with breastfeeding to ensure that your breastfeeding experience is off to a positive start. If you have questions or problems, you may ask to speak with a Lactation Consultant.

Mon General Hospital's commitment to breastfeeding does not end when you leave the hospital. If you have questions, concerns or difficulties, you can call and speak with a Lactation Consultant as an outpatient.

Mon General Hospital's devotion to breastfeeding continues to grow. All of our nursing staff receive breast feeding orientation and continuing education.

Please contact Perinatal Education Coordinator Pamela Poe with questions or concerns:

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### How often to feed infants:

Feed your baby when he or she seems hungry by observing feeding cues:

- Eye movement under closed lids
- Increased alertness
- Movements of arms to mouth and legs
- Tossing, turning and wiggling
- Mouthing and Rooting
- Changes in facial expression
- Squeaking noises or light fussing
- **Crying is a late sign of hunger**

Most babies develop a pattern of feeding every 3 to 4 hours.

It is easier and better to get to a regular schedule by working from the baby's own timing, than by just deciding to feed at certain times whether the baby is hungry or not.

You will soon be able to determine your baby's needs from his or her feeding cues.

#### **Interesting Facts about Breastfeeding:**

- A breastfeed lasts an average of 15-20 minutes.
- Almost three-quarters of moms produce more milk with their right breast.
- Babies will take more milk from the first breast offered.
- The average time it takes for a mom's milk to let-down, or start flowing, during a breastfeed is less than 1 minute. (This can vary widely, so don't get stressed if you take longer.)
- About a third of moms cannot sense let-down. Watch for your milk to flow faster to see it happen.
- Whether breastfeeding or pumping, the amount of milk removed and its fat content are similar.
- Babies instinctively know how to get your milk quickly and efficiently: They start breastfeeding with a faster suck for stimulation until you let down. Then when your milk is flowing, they switch to a slower, deeper suck and eat until they're full.
- It's common for babies to have resting periods during breastfeeding, sometimes they "take breaks" in between sucks.
- Babies breastfeed until they're full, not until they "empty" you breast. On average, babies remove 67 percent of the milk you have available, but this amount can vary widely among moms.
- Your baby controls your breast milk flow with an instinctive action that includes sucking, swallowing and breathing. Your milk flows during the actual sucking part when your baby moves his tongue a certain way. (We know! We've seen it on an ultrasound!)
- Your milk sprays out of many holes, not just one.
- Seventy-three percent of breastfeeding/breast pumping moms receive outside help.
- No matter your size, you'll make enough milk for your baby.
- We guarantee that when your child is grown, you'll fondly remember the warm, unique bond you shared while breastfeeding.

## Is Baby Getting Enough during Breastfeeding?

The main reason that women quit breastfeeding is that they think they don't have enough breast milk. When you're breastfeeding, you can't measure the amount of milk your baby drinks during each feeding, but you can still make sure your baby is getting enough to eat.

### Here's what to expect for the first week.

#### Cover the basics:

When you're breastfeeding, remember:

- What goes in must come out. Baby should wet as many times a day as it is old for the first week. **Example:** A 4-day-old baby should have four wet diapers in a 24 hours period.
- Offer to feed every 2 to 3 hours. By 4 days old, baby should nurse every time when feeding every 2 to 3 hours.
- Stool should change color over the first week from black to brown/green, then yellow, mustardy, and seedy. This is a sign your mature milk is in and your baby is getting enough.

**For more in depth information, please feel free to contact our Breastfeeding Specialists.**

#### Spitting up:

Most babies spit up after a feeding. The milk seems to overflow from the baby's mouth. It is often curdled from normal stomach action. This really not a problem; it is just messy.

Before feeding, place a bib or similar article under your baby's chin. Babies who spit up grow as fast and strong as those who do not.

**There are several tricks to reduce the amount of spitting up.** None of them work all the time, and most babies will continue some spitting up even when all the tricks are tried.

Try to:

- **Burp** the baby carefully mid-way through the feeding, at the end of the feeding, and a few minutes after the feeding.
- Place the **baby's head higher than the stomach** for 10 or 15 minutes after each feeding. This can be done by placing the baby in an infant seat or propping up the head of a cradle or bassinet.