

Welcome to Your World Baby!

CONGRATULATIONS ON THE BIRTH OF YOUR BEAUTIFUL BABY!

HOW TO LATCH VIDEOS

[Sandwich hold and getting a deep latch](#)

[Latching on a Newborn](#)

[How do I know if my baby is getting enough to eat](#)

[Steps and signs of a good latch](#)

[Breastfeeding positions to try](#)

[My first two days with baby](#)

The first week of life with a new baby is exciting, but it can also be very stressful for both mom and baby. Babies need a lot of attention. There is a big learning curve in the beginning as you and baby adjust to each other. It's normal to feel unsure and worry if baby is getting what he needs.



Moms who get support from other breastfeeding moms or lactation counselors are more likely to continue breastfeeding. I am happy to be that person for you.

**Text or call
920-765-4375**

BRING BABY TO BREAST OFTEN

Nursing your baby frequently, at least 8 times in 24 hours, is the best way to ensure your baby is stimulating your milk supply. Over the first week your milk supply will gradually change from the colostrum you made in the beginning, to a milk that contains more fluid. Feedings will gradually

shorten as baby gets milk faster. Your **breast should feel full before feeding and softer after.** You should be able to **hear the baby swallowing and gulping,** especially at the beginning of the feeding. The baby should have at least **3-5 messy diapers and six or more wet diapers in 24 hours by day five.**

It should not hurt or be painful to breast-feed. If you are sore, please call for support and get help to find a comfortable latch. Most often this can easily be fixed with some small adjustments. The videos on the left bar of this newsletter can also help guide you through some techniques for a pain free latch.



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WHAT IS HAND EXPRESSION AND HOW IT CAN LEAD TO YOUR BREASTFEEDING SUCCESS

Colostrum, your first milk, is the ideal food for newborns. Healthy newborns can usually latch & suckle right after birth, accessing colostrum on their own. Babies who cannot breastfeed right away, can still enjoy the benefits of colostrum if you expresses it by hand. A spoon is an easy way to collect and offer the small amount of colostrum required for a brand new baby.

Hand expression can help you get through the first few days of breastfeeding if your baby is too sleepy or having trouble latching. It can also provide additional stimulation after breastfeeding to help increase breastmilk supply as well as providing baby with more to eat.

Check out this video for hand expression instructions, tips and tricks:

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



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Rev 9/20