





Breastfeed with Confidence

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EXPECTANT
mothers guide

Expectant Mother's
Guide Journey App
 

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21 Steps to successful breastfeeding

- 1 Talk to family and friends about your breastfeeding goals while you are still pregnant
- 2 Take a breastfeeding class so you understand exactly how breastfeeding works
- 3 Find successful breastfeeding mothers to be friends with. Watch them breastfeeding their babies
- 4 Try to birth at a mother-baby-friendly facility
- 5 After birth, place baby immediately skin to skin on mom's chest or abdomen
- 6 Let your baby go through the nine instinctive stages. Be on baby-time and leave baby skin to skin on mom's chest uninterrupted
- 7 Don't rush your baby to the breast – your baby is hard-wired to know how to breastfeed – he will latch when he is ready to suckle
- 8 Have baby skin to skin 24/7 as much as possible for the first 3 to 4 months
- 9 Learn your baby's feeding cues
- 10 Feed with baby's cues rather than a schedule
- 11 Let your baby lead the feeding - they know when they are hungry and when they are full
- 12 There is no "best position"- each mom and baby will find their most comfortable position
- 13 When latching baby – have tummy to mummy
- 14 Nipple should be at the nose
- 15 Hold baby behind the neck and don't touch the back of his head while feeding
- 16 Bring baby to the breast not the breast to the baby
- 17 Mom sit back, deep breaths, relax into the feed
- 18 Do not limit nursing times
- 19 Only give breast milk (nothing else is needed)
- 20 Breastfeeding should not be painful, if breastfeeding hurts, ask for help
- 21 Find lactation consultants near you www.expectantmothersguide.co.za



Don't worry or be anxious about the size or shape of your breasts. They can all produce breast milk



PraeclarusPress.com

Trust your body to breastfeed

Everyday you trust your body to function the way it has been designed. We don't get up and wonder whether our bladder is going to fill up enough to be able to wee today. You just know it will! In the same way, trust your breasts to fill up with breast milk the way they have been designed to do (after all the breasts are part of the same body that your bladder is part of!).

The more breast milk your baby takes from the breast, the more milk that your breasts will make. So to increase your milk supply – feed your baby more frequently and let your baby suck for longer and your breasts get the message – more milk is needed... This is basically what happens when your baby has a growth spurt. They get hungrier and want to feed more frequently. The more milk that is removed, will cause the breasts to make more milk, which will then satisfy your growing baby!



Hunger Cues for Breastfeeding

Learn your baby's cues, feed when hungry

Early Cues: I'm hungry, time to feed me

Stirring, licking lips



Mouth opening



Turning head seeking/rooting



Mid Cues: I'm really hungry, feed me now

Stretching



Hand to mouth



Increasing movement



Late Cues: Calm me, then feed me

Lots of movement



Crying and may turn red



Calm crying baby before feeding.
cuddling
skin-to-skin
singing
talking
stroking
Feed me!



Latching baby to the breast

- 1 When latching baby – have tummy to mummy. Baby should be facing mom – his head, his body, his legs all turned to me
- 2 Nipple should be at the nose
- 3 Chin touching breast
- 4 Hold baby behind the neck and don't touch the back of his head while feeding
- 5 Bring baby to the breast not the breast to the baby
- 6 Make sure baby's lips are flanged out (and not sucked in) when baby is latched
- 7 Mom sit back, deep breaths, relax into the feed
- 8 Enjoy the closeness of your baby
- 9 Well done!

Find a lactation consultant

<https://www.expectantmothersguide.co.za/listings/lactation-consultants/>

Breastfeeding positions



Cradle position



Cross-cradle position



Football hold



Laid back position



Side lying

Size of a newborn's stomach



Day 1

size of a cherry
5 – 7 ml



Day 3

size of a walnut
22 – 27 ml



Day Week

size of an apricot
45 – 60 ml



One Month

size of a large egg
80 – 150 ml

Remember in those early days – your baby doesn't need vast quantities of breast milk – look at how small their tiny stomach's are

Some quick breast milk facts!

- Breast milk is unique to each mom and baby
- Breast milk is individualised to your baby
- Breast milk changes from month to month as baby's needs change
- Breast milk changes from morning to night with increased melatonin to help baby sleep at night
- Breast milk changes within each feed – increasing in fat at the end of the feed to help baby regulate appetite and intake



Relax!

Enjoy the breastfeeding!

Let the cuddling and bonding time be magical for both of you. Don't be in a rush!

Take the time to connect with your baby!