


Understanding **Breastfeeding**  
PowerPoint Class



*"Breastfeeding was the best decision for my baby and me. I'm so glad we could experience it together."*  
—Jackie



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**Breastfeeding**  
Sharp Mary Birch Hospital for Women & Newborns



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**Housekeeping**

- Familiarize yourself with the platform
- Minimize distractions.
- We encourage you to use the chat box feature. There will be plenty of opportunities to ask your questions.
- Mute microphone.
- Be sure your computer/phone is charged.
- For a more interactive class we encourage you to leave your camera on.



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**Sharp Mary Birch Hospital for Women & Newborns**  
Educational Materials for Classes:



[Sharp.com/marybirchresources](http://Sharp.com/marybirchresources)

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**Breastfeeding Class Outline**

- Introductions
- Breastfeeding Preparation
- Baby's First Few Days
- Feeding Patterns
- Positioning and Latch
- How to know Baby is Getting Enough?
- Common Concerns
- Supporting Working Moms
- Resources and Support Groups



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**How Your Body Makes Milk**

The more milk your baby takes, the more your body makes!



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Video clip: Milk Production      Video clip: Milk Production

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### Breastfeeding Preparation

- What can you do now to prepare for breastfeeding?
  - Call your insurance about breast pumps
  - New Beginnings Boutique
- Have you heard from friends that there are certain foods that you should not eat when breastfeeding?
  - Caffeine
  - Medications
  - Alcohol
  - Nicotine
  - Marijuana

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### Baby's First Few Days Feeding Patterns – Birth to 24 hours

- Rooming in
- Watch for feeding cues
- No baby formula or sugar water unless medically necessary
- May not feel like there is any milk
- Colostrum in first few days
  - Gradual increases
  - One drop colostrum has approx. 3 million immune cells
  - Small in quantity
- Babies are sleepy the first 24 hours
- Practice skin-to-skin
- 1 wet diaper, 1 soiled diaper

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### Benefits of Skin-to-Skin Contact

- Keeps babies warm and comfortable
- Encourages emotional bonding
- Babies latch on and breastfeed better
- Babies are more likely to exclusively breastfeed longer
- Babies are calmer and less stressed



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Video clip: Skin-to-Skin Contact



Video clip: Skin-to-Skin Contact



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### Infant Feeding Cues

The more milk your baby takes, the more your body makes!



Opens mouth



Makes sucking movements



Brings hand to mouth



Moves arms and legs



Roots for a breast



Cries (a late cue)

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Video clip: Feeding Cues
Video clip: Feeding Cues


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### Feeding Patterns Second Day of Life

- Baby realizes they are in a new world
- Comforted by and wants to be at the breast all the time
- Mom second guesses her breasts, thinking she has no milk
- Feeding cues
- Cluster Feeding
  - Up to 14 times in a 24-hour period
- Minimum of 2 wet and 2 poopy diapers



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### Hints for the Baby's Second Day of Life Baby falling asleep at the breast

- Break the suction
- Snuggle with baby
- Babies first fall into a light sleep
- REM – easily awakened
- Cycles in and out of REM and deep sleep every 30 min
- Stay close until deep sleep



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### Breastfeeding Positions

 Football	 Cradle	 Cross-Cradle
 Laid-Back	 Side-Lying	

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Video clip: Breastfeeding Positions    Video clip: Breastfeeding Positions

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### Latching On

- Sit comfortably using pillows and footrest for support
- Hold baby close to your body, tummy to tummy
- Hold your breast behind the areola
- Align your baby's nose with your nipple
- Gently tickle your baby's upper lip
- When your baby's mouth opens wide, pull your baby in quickly



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Video clip: Latching On    Video clip: Latching On

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### Effective Latch

- Mouth is open wide
- Lips are flared outward
- Large amount of breast is in the mouth
- More areola is above baby's lip than below
- Ear and jaw are moving
- Active sucking and swallowing
- You feel a strong tug that is not painful



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### Ineffective Latch

- Mouth is not open wide
- Small amount of breast is in the mouth
- Lips are curled inward
- A clicking or smacking sound
- You feel pain when your baby sucks your nipple
- Breast does not soften after the feeding
- Nipple looks pinched after the feeding



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### Deep and Shallow Latch



**Deep Latch**      **Shallow Latch**

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Video clip: Latch Animation      Video clip: Latch Animation

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### A Typical Feeding

#### Baby-Led Breastfeeding

- Feed your baby whenever they are hungry
- You should feed your baby about 8 to 12 times, every 24 hours
- Let your baby stay at the breast as long as they are actively sucking and swallowing
- Offer both breasts at each feeding
- Burp your baby between breasts
- Alternate the side you start the feeding on
- Cluster feedings
- Feedings will take less time as your baby gets accustomed to breastfeeding

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### Signs of Getting Enough Milk

- You can hear your baby suck and swallow during a feeding
- Baby's arms and hands are relaxed after a feeding
- Your breasts are softer after feedings
- Your baby has several periods of being awake and calm during the day
- Baby is back to birth weight by day 10
- Enough wet and dirty diapers
- Gaining enough weight



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Video clip: Getting Enough Milk    Video clip: Getting Enough Milk    CC    SHARP

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### Call Baby's Healthcare Provider

- Not latching on or feeding well
- Frequently needs to be awakened to feed
- Sleeps through the night
- Fewer than 4 yellow stools per day by Day 4
- Fewer than 5 wet diapers per day by Day 4
- A reddish-orange stain in the diaper after Day 3 (a sign of dehydration)
- Stool pattern suddenly changes
- Not back to birth weight by Day 14
- Skin or eyes become yellow (jaundice)
- Not eating at least 8 times in 24 hours
- Call your baby's doctor right away if there are any of these signs

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### Possible Breastfeeding Challenges

- Sleepy baby
  - Late preterm infant
- Engorgement
- Sore nipples
- Low milk supply
  - Tube/syringe feeding
  - Paced bottle feeding
- Blocked ducts
- Mastitis
- Thrush



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### Returning to Work

- Take time off from work, if possible
- Know your rights (both federal and state laws)
- Work part-time if you can
- Start pumping and storing a little at a time
- Discuss needs with employer
- Find out where you can pump at work before baby is born
- Wear comfortable clothes with easy access
- Have healthy snacks and fluids
- Offer a bottle after breastfeeding is going well
- Choose a breastfeeding-friendly daycare near your work
- Figure out breastmilk storage



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Video clip: Returning to Work    Video clip: Returning to Work

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### Storing Your Milk

Room Temp.	Maximum Duration	Comments
Room Temp. 77°F (25°C) or colder	3-4 hours (ideal) 6-8 hours (acceptable under very clean conditions)	Keep in covered container
Refrigerated 39°F (4°C) or colder	4 days (ideal) 5-8 days (acceptable)	Stored in back of refrigerator (not in the door)
Frozen 0°F (-18°C) or colder	6 months (ideal) 9 months (acceptable)	Stored in back of upright freezer (not in the door) or in a chest freezer

Source: American Academy of Pediatrics

Storage tips may vary. Ask your lactation consultant or healthcare provider for the best storage guidelines and recommendations.

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Video clip: Storing Your Milk    Video clip: Storing Your Milk

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### Expressing Your Milk

Hand Expression



Personal-Use Electric Pump



Manual Pump



Hospital-Grade Electric Pump



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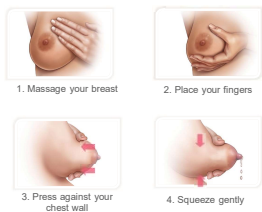
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### Why Hand Express?

- Relieves uncomfortable fullness
- Prevents engorgement
- Softens breasts so the baby can latch on easier
- Protects and can improve milk supply



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Video clip: How to Hand Express

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### Introducing Bottles and Pacifiers

- Introduce bottles and pacifiers when breastfeeding is going well
  - Medical concerns
  - Usually 3-4 weeks postpartum
- Paced bottle feeding supports breastfeeding
  - Slows down to flow of the milk
  - Allows your baby to be in more control over the feeding pace
- Attend Breastfeeding Support Group

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### Where to Find Help

**New Beginnings Boutique & Gift Shop**  
858-939-4127

- Certified Lactation Educators
- Answers to feeding issues
- Breast pump rentals
- Bra fitting
- Medication questions
- Weigh feed weigh



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**Class Evaluation**  
Please take the time to fill in this brief evaluation of your Breastfeeding class. This survey will take 1-2 minutes to complete. After you submit it, you will receive a link to order your free First 5 California's Kit for New Parents.

Breastfeeding Class Evaluation



Thank you! We appreciate your feedback.

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