

Breastfeeding Education Topics for weeks 16-20



What is Colostrum?

Colostrum is the first milk your breasts produce- it can be clear, yellow or golden color. You can often hear it being called "liquid gold". It is the perfect food for your baby's first few days. Here is why:

- ✓ It's full of antibodies and immunoglobulins which protect babies as they come into our world of bacteria and viruses for the first time
- ✓ It is a natural laxative, which helps baby clear their digestive tract and get ready for more food!
- ✓ It's the perfect volume for baby's small stomach size

What is Hand Expression?

Hand expression stimulates milk production and promotes a growing breastmilk supply. Learning about hand expression before the birth of your baby makes it easy to collect breastmilk once your baby is born. If your baby is not feeding well or is sleepy, hand expression and spoon feeding gives more stimulation to your breasts to make more breastmilk for your baby, with no risks and many benefits. Women who begin hand expression within hours after birth and express five times per day tend to produce more breastmilk.



Scan to
learn how
to hand
express!

What is "Cue Based Feeding"?

Feeding cues are signs your baby shows when he/she is hungry. You should feed your baby whenever he/she wants. Babies are great at following their hunger instincts and their feeding cues are their way to let you know when they are ready to eat. Babies and breastfeeding thrive when babies are fed based on their feeding cues, not by a schedule. Feeding your baby like this will build your breastmilk supply. The first few weeks are important in increasing milk production- the more often the breast is stimulated (aka your baby eats), the more breastmilk your body will make. Your baby may feed every hour or two, or go as long as 3-4 hours between feeding. Cluster feeding (feeding several times in a short time period) is also common and can be typical in the first few days and weeks. Your baby will start out by eating 8-12 times in 24 hours to make sure he/she is hydrated and satisfied.

HUNGER CUES FOR FEEDING

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

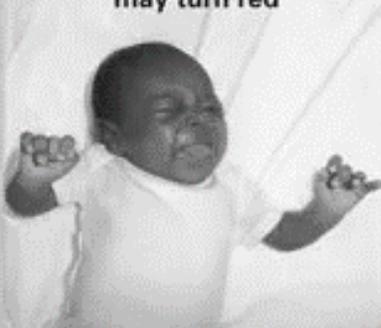


Late Cues: Calm me, then feed me

Lots of movement



Crying and
may turn red



**Calm crying
baby before
feeding**

Cuddling, skin-to-skin
on chest.

Talking,
stroking.

**Feed
me!**

