

Infant Feeding Information

Feed baby 10-12 x in 24 hours

Do not allow baby to go longer than 3 hours between the start of one feed and the start of the next feed

Most newborns feed every 1 –2 hours at night and every 3 hours during the day

Feed baby when showing early hunger cues - opening mouth, sucking on hands, turning head side to side. Crying is a late feeding cue, and it is harder to settle a crying baby

If your baby is NOT showing signs of hunger 3 hours from beginning of the last feed, wake baby and feed them

**** If your baby is not actively swallowing at the breast, has reduced wet and dirty diapers, has red or orange crystals in the diaper, and /or continues crying after breastfeeding, offer expressed breastmilk or ready to feed formula after breastfeeding

Chest/Breastfeeding:

Breast/chestfeed your baby on both sides

Limit time at chest/breast to active feeding only. Active feeding means the baby is swallowing and engaged at the breast/chest.

Use chest/breast compressions to encourage baby to continue to feed. This will also help the baby get more milk.

Switch sides when baby is no longer swallowing

Bottle Feeding:

Offer baby expressed milk and/or formula using paced bottle-feeding method.

Sit baby upright and hold the bottle horizontal (parallel) to the floor. See the “Paced Bottle Feeding” Handout for more information.

Choose soft, narrow bottle nipples (eg, Ready to Feed bottle nipples, **Dr. Brown's**, Lansinoh brands).

Avoid wide based silicone nipples (Avent), as they are challenging and tire out newborns.

Pumping:

Pump after breastfeeding, or each feed that baby gets a bottle

Pump up to 15 minutes per side or both sides at the same time

In the first 2 days after delivery, massage your chest/breasts for 2 minutes before pumping

hand expression before and after pumping can help increase your milk supply and can help you get more milk from your breast/chest tissue.

Use a double electric pump if possible.

A hands-free option for pumping is helpful (hands free pumping bra, sports bra with holes cut into it to hold flanges, google hands free pump hacks). Make sure your bra does not fit too tightly.

Pumping should never hurt. Make sure the flanges are fitting well and the suction level is not too high (see below for QR code for flange sizing)

Pumping first thing in the morning will give higher volumes than pumping in late afternoon

Engorgement management:

You may feel engorgement starting on day 2-4 after the birth of your baby. This usually lasts between 3-5 days

Gently massage chest/breast toward nipple for few minutes before feeding baby.

Reverse pressure softening can help soften your breast/chest tissue so baby can latch more easily. Lightly push into your areola and hold for about 30 seconds. Rotate your position around your areola until you have softened some of the tissue enough for baby to latch.

Hand expression before latching baby can also be helpful to soften some tissue.

Apply cool compresses to chest/breasts after feeding as needed.

Do not wear tight-fitting clothing or bras with underwires.

Take ibuprofen every 4-6 hours to bring down swelling (if this is safe for you to take)

If you note redness or a hard lump in your chest/breast tissue, along with fever, chills or flu like symptoms, seek medical advice.

