

# Breastfeeding Tips for Expecting Parents

## YXE Women's Health

Become familiar with what breastfeeding will look like before your baby is born!

### Latch:

Educate yourself on how to create a **good latch** and begin breastfeeding. Video tutorial:

<https://med.stanford.edu/newborns/professional-education/breastfeeding/early-initiation-of-breastfeeding.html>

### Hand Expression:

Practice **hand expression** of colostrum (the earliest form of breast milk) once you reach “full term” (37 weeks gestation). Video tutorial:

<https://med.stanford.edu/newborns/professional-education/breastfeeding/breastfeeding-in-the-first-hour.html>

**Consider freezing expressed colostrum** in 10 ml syringes. It can be used in the early post partum period if your baby needs extra calories or if it takes time for your milk to “come in”

### Your breast milk supply *will* be adequate!

It is very uncommon for a mother's breast milk supply to be truly insufficient to meet her baby's needs for growth. If your baby is growing appropriately in the early stages and making wet/dirty diapers, then he or she is getting enough milk

### Optimize your milk supply after birth:

1. Good positioning
2. Empty breasts frequently and fully
3. Allow the infant to drink its fill, for as long as required. Offer both breasts at each nursing session. Switch sides more often if your baby is sleepy.
4. Responsive, cue-based feeding
5. Feed your baby frequently (it may feel like your baby is constantly feeding!). It is normal for a baby to feed 8-16 times in 24h as a newborn. Offer the breast whenever the infant shows signs that he or she may want to feed (crying, “rooting,” moving the lips and tongue).
6. Significant pain or nipple trauma are abnormal and deserve assessment by a lactation consultant
7. Avoid using pacifiers and bottles for the first few weeks of life and try to give your baby only breast milk  
BUT – if formula is medically indicated for your baby, it is safe

## Resources:

<https://med.stanford.edu/newborns/professional-education/breastfeeding.html>

Kelly Mom parenting and breastfeeding website:

<https://kellymom.com/category/bf>

Dr. Jack Newman breastfeeding information sheets and videos:

<https://ibconline.ca>

medSask (licensed pharmacists to provide evidence-based drug information through the U of S):

<https://medsask.usask.ca>

Or connect via 811 (HealthLine)

LactMed (for moms or care providers to check compatibility of medications with BF)

<http://toxnet.nlm.nih.gov>

June 2018