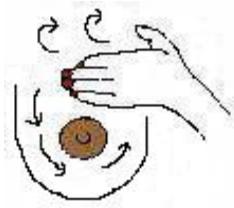
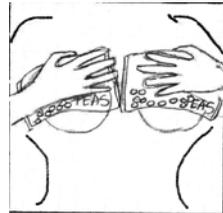


## Guidelines to Reduce Fullness Discomfort - Continued

- Gentle massaging from the chest wall toward the nipple area in a circular motion before nursing may help stimulate let-down. (You may even find it relaxing while doing this in the shower.)



- Try cold compresses (about 20 minutes) between feedings. A bag of frozen peas or corn works just as well as ice packs. Use a piece of cloth to protect your skin. Reuse as cold packs but not as food.



- You may switch to warm treatments: stand under the shower for about 15 minutes before the next feeding, or dip your breasts in warm water a few times during the day.



- Some women find chilled (or room temperature) cabbage leaves soothing. Soften leaves first in boiling water, then let cool. Cut a hole for the nipple and place the leaves inside the bra. Change after one of two hours.



## Feeding Instructions



- Watch for baby's feeding cues: sucking on hands; moving the mouth; moving eyeballs (under closed lids); clenching fists or toes, and body stretching. Do not wait till baby cries.
- Have baby's mouth open, with lips flipped outward and wide to cover the areola (the dark area around nipple).
- Listen for swallowing or gulping sounds. If baby swallows, he/she is getting enough.
- Frequent nursing - the more you feed, the more milk you make.

Important! Keep your **Doctor's Appointment** for your baby's weight check (days 3—5 ).

### References:

1. Lawrence Ruth, Lawrence Robert. Breastfeeding: A Guide for the Medical Profession. 6th Edition. Pennsylvania: Elsevier Mosby, 2005.
2. Mohrbacher N, Stock J. The Breastfeeding Answer Book. Revised Edition. Illinois: La Leche League International, 1997.

Call the Breastfeeding Support Hotline at University of Nevada Cooperative Extension (702) 257-5583.

All pictures reprinted/adopted with permission. Details available upon request.

Mom's Special Gift is funded by the Food Stamp Program. Food Stamps can help make ends meet and serve as the first line in defense against hunger. It enables low income families to buy eligible nutritious food in authorized food stores. For information about the Food Stamp Program in Nevada, call: 1-800-992-0900, ext. 0500.

In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.



University of Nevada  
Cooperative Extension

FS-07-50

# BREASTFEEDING

## Mastering The First Week

You are Already on Your Way...

By  
Madeleine Sigman-Grant, Ph.D., R.D.  
May Tang, R.D., C.L.C.



**MOM'S SPECIAL  
GIFT**

## Milk Production Begins During Pregnancy

During pregnancy, your body is constantly changing to make sure your baby grows and develops well. About halfway through pregnancy, your breasts begin to produce **colostrum**—the first milk. Some pregnant women may even get leaky breasts.

## Feed Your Baby in the First Few Hours of Life

The American Academy of Pediatrics recommends that all babies be put to their mothers' breasts as soon as possible after birth. The best way for this to happen is to get the nurses to place the newborn directly on your breasts—skin-to-skin. There are several reasons why this is important.



- ♥ It helps mother and baby bond quickly.
- ♥ Babies are most alert at this time. Their sense of smell, taste, touch, sight and hearing are very sensitive.
- ♥ Skin-to-skin contact helps infants breathe in rhythm with their mothers' breathing. It helps babies regulate their heartbeat with their mothers. It helps warm babies and reduces crying and stress.



<sup>a</sup> courtesy of World Alliance for Breastfeeding Action (WABA)

## Colostrum is "Milk"!

Colostrum looks yellowish, and is thick and sticky. It is critical to breastfeed your colostrum to your baby. It is your baby's first immunization as it contains disease-fighting antibodies, along with proteins, fats, and vitamins and minerals. After the baby is born, your body continues to make colostrum for a few more days.

## What is So Good about Colostrum?

- Its small volume is perfect for your newborn's stomach which is about the size of a marble.
- Its thick consistency and small volume gives your baby practice with breastfeeding.
- Besides easier digestion, the smaller volume is easy on the baby's kidneys.
- It protects the baby's gut. That is why breastfed babies have less diarrhea.
- It protects the baby's nose, throat and lungs. That is why breastfed babies have fewer colds and upper chest infections.
- The natural laxative effect of colostrum helps babies pass out the meconium (the black tarry stool in newborns).

## Fullness in the Breasts

A few days after birth, your breasts will begin to feel fuller and heavier. This heavy feeling may last for up to 2-3 weeks. After that time, your breasts will be heavy only right before feedings. After several months, your breasts may not feel full at all, even when you have enough milk.

## Fullness in the Breasts - Continued

If you do not nurse often enough or for a long enough time, your breasts can become engorged. Many women experience this. This is normal but uncomfortable.

Engorgement occurs between 3-5 days after delivery and usually lasts between 12 to 48 hours. It is important that you nurse often (9-12 times every 24 hours) and with no time restrictions, even if you are uncomfortable. If you stop nursing, your milk supply will quickly slow down. It is better to *immediately* take care of the discomfort than to stop nursing.

## Guidelines to Reduce Fullness Discomfort

- ♦ Look for proper latch-on: baby's mouth should be wide open like a yawn.
- ♦ Frequent nursing allows baby to empty your breast. This eases congestion and lessens pain. You may need to wake a sleeping baby.
- ♦ Try different nursing positions to find the one you and your baby like best.



- ♦ Express enough milk (by hand or with a pump) to soften the breast before nursing - this will allow baby to latch on more easily.

