

**Breastfeading Information**

Breast feeding

You can breastfeed your baby sitting or lying down, as you wish. Find the position that is most comfortable for you and your baby and find a pleasant, quiet spot. When latching on your baby, see to it that the baby properly holds nipple and areola, and that his tongue is below the nipple. Do not allow the baby to nibble: this may cause cracked nipples. To stimulate the breast feeding, you are recommended to latch on between 8 to 12 times per 24hours. Always try to offer 2 breasts per session. It may take a few days for the breast feeding to get going. It is difficult during the first few days to determine whether the baby gets enough food. Most babies initially lose some 5 to 10 % of their birth weight. If they drink enough, they start gaining weight again after some 5 to 6 days. It is important for the baby to produce nice wet nappies after the 4th or 5th day. The urine should be clear and unclouded and the baby should defecate regularly. It is always a good sign for the baby to fall asleep right after the feeding session. He should sleep for 3 to 4 hours in between feedings.

**A step-by-step plan for breast feeding:**

Follow the following procedure to make your breast

feeding a success.

* Find a comfortable position, sitting up or lying down, with good support for your arms and feet, just as long as you are happy and comfortable.
* Your baby should be well awake and relaxed. Always comfort a crying baby first.
* Lying down, on your side, belly to belly. Sitting down, baby in the crook of your arm, your lower

arm supporting his back and your hand supporting his hips and upper legs. The baby should be lying fully on his side, his face turned towards you, his nose level with your nipple. Ears, shoulders and hips are in one line.

* With your other hand support your breast: four fingers under the breast and your thumb loosely

placed on top.Do not place your fingers too close to the nipple: in a round area of some 3 cm the

ampullas are located, which the baby should massage in order to get to the milk.

* Encourage the baby to open his mouth by gently rubbing your nipple across his upper lip. It may take some time – from 10 to 120 seconds - for the baby to react and open his mouth wide with his tongue pointing downwards over the lower jaw.
* At that moment, guide your baby to the breast while handing him the breast with your other hand. If you do it in this way, the baby will hold such a part of the nipple and the areola in his mouth that his jaws neatly fit around the ampulla around the nipple. The hips should rest snugly against you.
* If the drinking is painful, the baby is probably not latched on properly. Take the baby from the breast – by breaking the vacuum, gently inserting your little finger in the corner of the mouth – and try to latch on the baby properly.

**Check if the baby is properly latched on**

The let-down reflex may be experienced as painful, but you will find that the tingling feeling soon disappears. It is simple to check if your baby is properly latched on. If he drinks with his mouth wide open, his lips curled outwards and if you can see his tongue when you carefully push down his lower lip a bit, the baby is latched on properly. The fast, rhythmical sucking that is meant to stimulate the let-down reflex is soon replaced by a more relaxed tempo, with short breaks. This goes on until the

let-down reflex needs stimulating again, and the whole procedure starts from the beginning.

Allow the baby to drink until he lets go of the nipple of his own accord. Allow him to drink from the other breast, too, if he wants.

**Cue feeding**

Also called ‘feeding on demand’, it is a good stimulus for the breast feeding.

There is no maximum to the number of feedings per day. However, a baby under 10 days old should at least have 8 feedings per 24 hours. After 10 days, you just go on feeding on demand. There are no special resting and feeding times. After some 4 to 8 weeks, the baby should have found his own, natural rhythm.

**Regulation days**

In the first few months, the baby is a bit restless now and then, it cries a lot, and wants night feedings. This is due to the baby’s growing need of breast feeding.

The regulation days usually are:

* round about 10 – 14 days,
* round about 6 weeks,
* round about 3 months.

**Here are some tips to help you:**

* Feed more frequently. This will help the milk production adjust to the higher demand
* so that mother and baby find a new rhythm.
* Feed on demand.
* Take some extra rest.
* Eat well and drink a lot.
* Find the favourite feeding position; regularly change positions.

**Expressing milk**

You may find it necessary to express breast milk now and then. Depending on the situation, the baby can still drink it later, or the milk can be discarded. You can express your milk by hand, with a manual breast pump, or with an electric one (rent or sale).

**Storage of expressed milk**

**Necessities:**

* Plastic containers
* Bottles / bags

**Procedure**:

* Only use clean materials; clean everything thoroughly first, then scald the materials with hot water for 10 minutes.
* Never add warm breast milk to cold breast milk.
* Allow the milk to cool down first before putting it in the fridge or in the freezer.
* Never add fresh milk to frozen milk.
* Always print the date on the bottles / bags / containers.
* Preferably, put small portions in the freezer to preventwaste.

**Storage times:**

* Room temperature 5 - 10 hours
* Fridge 3 days
* Freezing compartment of fridge 2 weeks
* Freezer at -20°C 3 to 6 months

**Defrosting:**

* Allow the frozen breast milk to defrost in the fridge, or under running water with a temperature rising from cold to warm. Never use a microwave for defrosting breast milk (loss of quality), never under direct running hot water (loss of quality) or at room temperature (bacteria).
* Once breast milk has been defrosted it cannot be frozen for a second time and it should be used within 9 hours.

**Warming:**

* In bottle warmer.
* Au bain-marie: in a pan of water at 37°C
* Once warmed, breast milk cannot be warmed again.

**Lactation consultants**

Our lactation consultants are always ready to offer their support in your personal situation.

The maternity care worker is your primary coach for your breast feeding. She is trained on an annual basis by our lactation consultants so that she can offer effective support if there are any problems. In case of problems, for instance if latching on is difficult or if the feeding doesn’t get going, the maternity care worker, the obstetrician or you yourself can always contact our lactation consultant.

She may be able to help you by telephone or she may have to make a house call in the maternity period or after. These consultations are fully or partially covered by many health insurances.

**Vitamins K and D**

If you breastfeed, the obstetrician will usually prescribe vitamin K to reduce the risk of your baby suffering a brain haemorrhage. From day 8 all babies – either breastfed or formula-fed – are prescribed vitamin D. This specific vitamin is important for the proper development of strong

bones. Doses may vary per brand, so it is important for you to read the information leaflet carefully.

**Useful websites**

**Vereniging Borstvoeding Natuurlijk**

Tel: 0343–576626

<http://www.borstvoedingnatuurlijk.nl>

**Borstvoedingorganisatie La Leche Leage Nederland**

Tel: 0111 –413189

<http://www.lalecheleague.nl>