

Legacy Health

Breastfeeding your baby

Like anything new, breastfeeding takes time to learn. Begin by positioning your baby in a way that feels right for you. If you would like some help with positions, please ask. See the pictures for some ideas.

Getting started~

If baby is awake, you are ready!

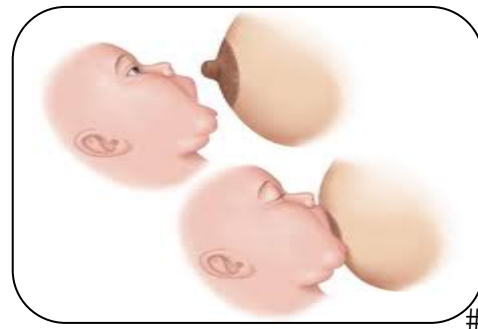
If your baby is asleep, try:

- Unwrapping the blanket, rubbing baby's back, or changing the diaper.



Helping baby learn to latch takes time. Your baby's mouth may seem small, but he/she can open big enough to latch, when you help your baby to learn how. Here are some ideas that will help, but remember, your baby needs to be awake!

- Tickle your baby's mouth with the tip of your nipple.
- Baby's bottom lip needs to get to the breast first. Watch as your baby begins to tilt his/her head back when getting ready to open big (see pictures).
- Bring baby in quickly. Continue to hold your breast until you see that baby is sucking well. It should feel comfortable. If you feel pinching, let baby come off and try again.
- Once baby is sucking well and you are comfortable, relax! Keep an extra wash cloth /roll nearby to help with extra support where you need it. We can show you how.
- Learn to watch for swallowing. The first few days, there are a few swallows. When your baby is 3-5 days old, you will see lots of swallowing. Your breasts will feel fuller too, then softer after the feeding.
- Watch your baby, not the clock. When swallowing slows down, wake and try burping your baby, and then offer the second side.
- For more information, watch this video: <http://www.breastfeedingmadesimple.com/animatedlatch.html>



Questions? It's okay to ask. We are here to help give your baby a healthy start!