

# Breast Milk...

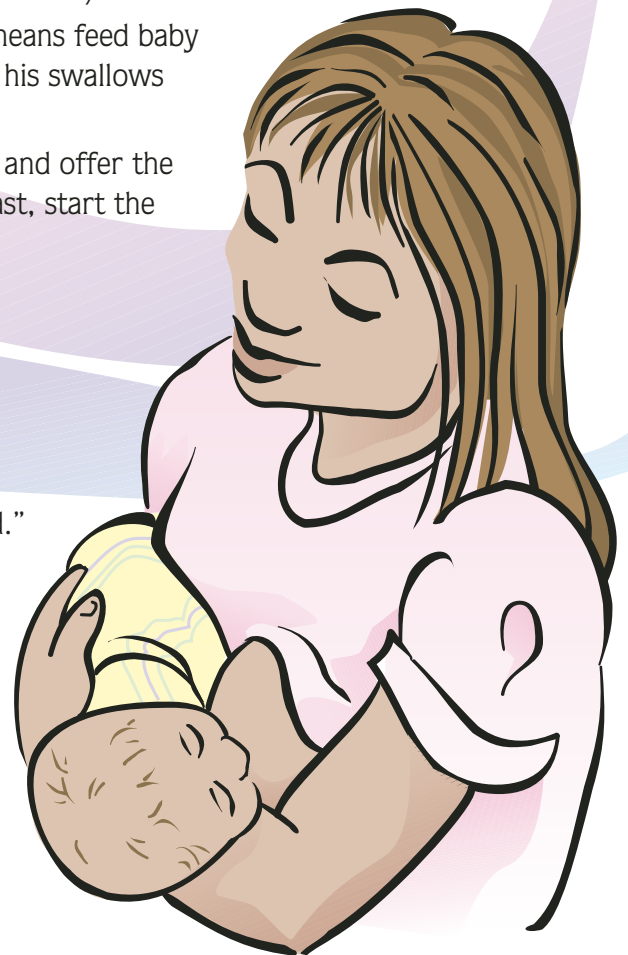
## Your baby's first food

- All health organizations support breastfeeding including the Canadian Paediatric Society, Health Canada and Dietitians of Canada.
- It is one of the best things you can do for your baby and yourself.
- Breastfeeding is recommended for two years and beyond.
- Health care providers recommend breastmilk as the only food or drink for your baby during the first six months. Water, juice, sugar water and formula feeding are not necessary during this time.
- Breastfed babies need vitamin D drops. Talk to your health care provider or pharmacist for more information.
- Breastfeed whenever your baby is hungry. Your baby may breastfeed more often when the weather is hot or during a growth spurt. Growth spurts usually occur when baby is two to three weeks, six weeks, three months and six months old.
- Babies vary in the number of feedings they need in a day but most babies feed at least eight to 12 times in 24 hours in the first few weeks. Small tummies need frequent feedings.
- Most babies will "cluster" feed (several feeds in a short time).
- Let your baby guide the length of the feeding. This means feed baby until he lets go of your breast in a relaxed manner or his swallows become few and far between.
- Let your baby feed on the first breast, then burp him and offer the second breast. If your baby only feeds from one breast, start the next feeding with the other breast.

### **SPEAK TO YOUR HEALTH CARE PROVIDER FOR MORE INFORMATION ABOUT WAYS TO HOLD YOUR BABY WHILE BREASTFEEDING.**

To ensure your baby is feeding well, he must be well "latched." These are signs that your baby is well latched:

- You can see the baby's mouth open wide to take the breast; the baby's nose and chin are touching the breast.
- Your baby's lips are rolled out and relaxed.
- Your baby sucks slowly and you feel a gentle tug on the nipple.
- You can hear your baby swallow.
- Your breasts should not hurt.



## These are signs your newborn baby is breastfeeding well:

- 👉 During the first weeks, your breasts feel full before you feed and soften after nursing. After a few weeks you may not notice the full feeling – don't worry, this does not mean you are not producing enough milk.
- 👉 Your baby is feeding eight to 12 times in 24 hours.
- 👉 Your baby gains four to eight ounces (120-240 g) or more per week in the first three months.
- 👉 Your baby regains birth weight by two weeks of age.

## Signs that your baby is hungry:

Watch your baby for these signs and you will be able to feed your baby before he starts to cry or fuss.

- 👉 Sucks on his fingers or hands
- 👉 Opens his mouth
- 👉 Clicks or sucks on his tongue

## Older baby signs:

- 👉 Eyes are wide and face bright
- 👉 Looks at your face
- 👉 Smiles
- 👉 Moves towards you

## Signs that baby is full:

- 👉 Stops sucking on nipple and may turn head away
- 👉 Feels settled and relaxed
- 👉 Arms and legs stretched out
- 👉 Fingers spread out

# Breastfeeding your Baby

Baby's Age	1 Day	2 Days	3 Days	4 Days	5 Days	6 Days	7 Days to 3 Weeks	4 Weeks to 6 Months
Size of baby's tummy	Size of a dime		Size of a quarter				Size of a toonie	
How often should you breastfeed?	Small tummies need frequent feedings. Breastfeed when your baby shows signs that she or he is hungry, a minimum of 8 to 12 times every 24 hours.							
How many wet diapers? (every 24 hours)	1	2	3	4	5	6		
How many soiled diapers? (every 24 hours)	1 to 2 colour is black or dark green		2 to 3 brown, green or yellow	3 brown, green to yellow	3 seedy yellow, size of a loonie	At least 3 (large) yellow		At least 1 large every 1 to 7 days yellow

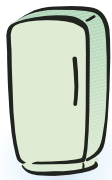
**Note:** After the first month, there may be fewer bowel movements but they will remain mustard-yellow coloured and loose. Your baby may poo as little as once every seven to 10 days. If the poop is hard and dark brown, your baby may be constipated and you should call your health care provider.

## If you want to express and store your breast milk:

It is best to breastfeed exclusively for the first four to six weeks to ensure that your milk supply is established. After this time period, if you choose to, you can offer breast milk in a bottle or cup. It is best to use a bottle that is structured similar to the breast with a wide base and a long nipple. You can use a hand or breast pump to express milk. Introducing a bottle to baby could have an effect on breastfeeding. Ask your health care provider for advice.

## To store breast milk:

- Freeze milk in two to four-ounce (60-120ml) quantities so you can thaw and warm it quickly.
- Breast milk must be stored in a sterilized container.  
To sterilize: Place container in a pot of water. The water should completely cover the container. Cover the pot and bring water to a boil. Continue boiling for two minutes. Let cool and remove container with sterilized tongs.
- You can also use milk storage bags or freezer milk bags specially designed for freezing and storing breast milk (ask your health care provider).
- If you are using bottle liners – use double bags (to avoid tearing) then squeeze out the air at the top, roll down the bag to about one inch (2.5 cm) above the milk, close the bag and seal it (using a twist tie).
- Label the milk with the day, month and year. ALWAYS use the oldest milk first.
- You can refrigerate freshly expressed breast milk for up to eight days.
- You can freeze freshly expressed breast milk. The length of time the breast milk can be frozen depends on the type of freezer used. (See below)



**Freezer inside  
the fridge for  
two weeks**



**Separate freezer  
on the fridge for  
up to six months**



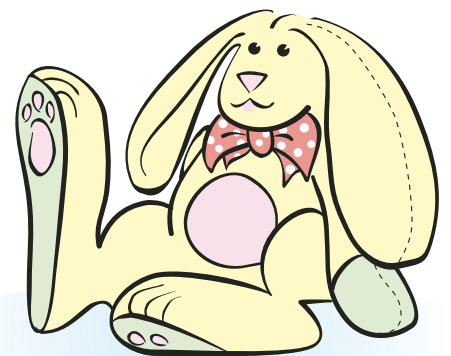
**Deep freezer  
for up to 12  
months**

## To thaw breast milk:

- Place frozen milk under cool running water until thawed, or thaw frozen milk in the fridge several hours before it is needed.
- Thawed breast milk should not be refrozen, but you can refrigerate and use it within 24 hours.
- Frozen milk can separate when thawed so shake the container gently.
- To warm breast milk, place container in a bowl of warm water.
- Never heat breast milk in the microwave because it can cause "hot spots" that could burn your baby's mouth.

## Get help with breastfeeding when:

- Baby still has dark green, almost black bowel movements (poop) after five days of age.
- Baby is having fewer than three wet diapers after three days.
- Breastfeeding hurts.
- You have trouble getting your baby to latch or stay latched.
- Your nipples are sore or cracked.
- Your breasts are sore and you have flu-like symptoms.
- Your breasts have lumps or reddened areas.
- You do not hear your baby swallow or you do not see milk in your baby's mouth.
- Baby is sleepy at the breast or difficult to wake up for feedings.
- Baby nurses longer than 45 minutes each feed and cries when taken off the breast.
- Baby is not feeding at least eight times in 24 hours during the first three weeks.
- Baby's skin colour has become yellow or more yellow than it was.
- Baby is fussy inconsolably or pulls on and off the breast repeatedly.



## Vitamin D

Vitamin D helps build strong bones. Vitamin D drops are recommended for all breastfed babies starting at birth. Your breastfed baby needs only Vitamin D drops, not multivitamin drops, unless recommended by your physician.

Your baby needs 400 IU of Vitamin D daily. Babies living in northern communities need 800 IU daily. Check your vitamin dropper to make sure you are giving your baby the right amount. Not all brands have the same kind of dropper. Clean the dropper after each use.

**NOTE:** “No name” drops are just as good as brand name.

Stop giving Vitamin D supplements if your baby switches completely to cow’s milk (at nine months or older) OR if you introduce infant formula.

## Fluoride

Fluoride helps children develop strong teeth. Do not give fluoride supplements to your baby before six months of age — it can harm your baby’s developing teeth. At six months of age, your baby may need fluoride drops if your water supply does not contain fluoride. (Some communities do not put fluoride in the water.)

Check with your local public health office or dentist to see if the water in your community is fluoridated. Then, talk to your health care provider for more information.

## Eating healthy foods is important for all mothers:

- Choose a variety of foods from the four food groups according to Canada’s Food Guide. Ask your health care provider for a copy of this guide or visit [www.hc-sc.gc.ca/hpfb-dgpsa/onpp-bppn/food\\_guide\\_e.html](http://www.hc-sc.gc.ca/hpfb-dgpsa/onpp-bppn/food_guide_e.html)
- Snack throughout the day to get all the food you need.
- Drink plenty of fluids like milk, water and juice.
- If you think you are eating a food that causes problems for your baby, talk to your health care provider.
- Avoid dieting.
- Limit caffeine-containing foods such as coffee, tea, chocolate or soft drinks. Caffeine passes into breastmilk and can keep your baby awake.

**ALCOHOL, DRUGS,  
SMOKING AND  
MEDICATIONS  
CAN AFFECT  
YOUR BREASTMILK.  
IF YOU USE ANY OF  
THESE, IT IS STILL  
IMPORTANT TO  
BREASTFEED YOUR BABY  
SO TALK TO YOUR HEALTH CARE  
PROVIDER ABOUT DOING IT SAFELY.**

### For more information or help with breastfeeding:

Local Public Health Unit \_\_\_\_\_  
Breastfeeding Hotline \_\_\_\_\_  
Laleche League \_\_\_\_\_  
Breastfeeding Support Group \_\_\_\_\_  
Lactation Consultant \_\_\_\_\_  
Other \_\_\_\_\_



Winnipeg Regional Health Authority  
Office régional de la santé de Winnipeg  
Caring for Health À l'écoute de notre santé



Healthy Child  
Manitoba



Putting children and families first